

Get set for Christmas

# taste

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.AU

NOVEMBER 2015

104  
new

RECIPES  
& IDEAS

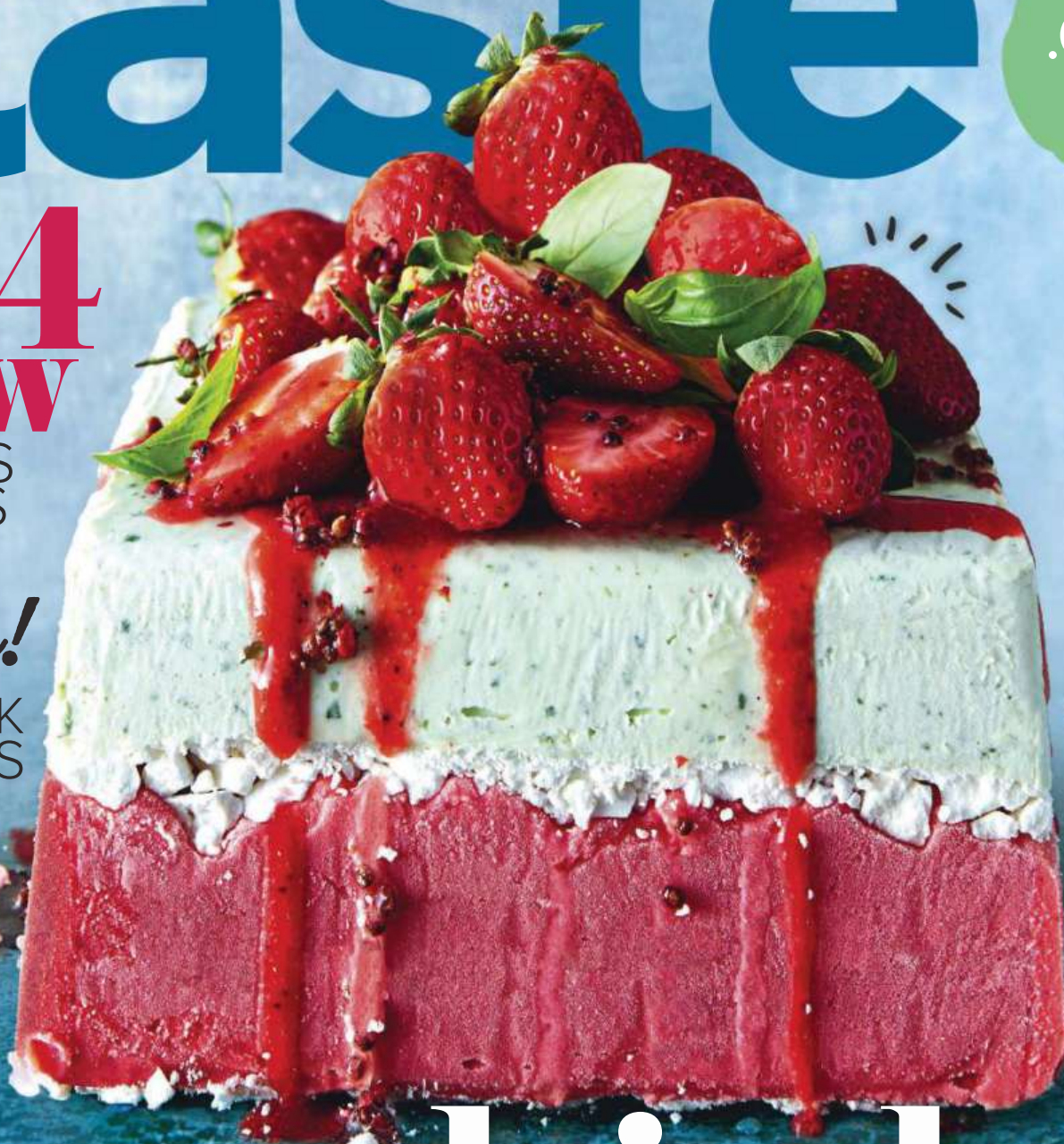
Easy!

MIDWEEK  
DINNERS

Guest  
editor  
CURTIS  
STONE

SUMMER  
Berry  
ice-cream  
CAKE

see page 18



# berry drizzle

*Dream  
Cake*

Plus+

Exclusive

amazing  
dishes  
you'll love



21

FRESH DINNERS



33

MAKE-AHEAD IDEAS



20

TOP ENTERTAINERS





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**FOXTEL**



# contents

November 2015

brie & garlic mushroom  
bruschetta p115



## to brie...

...or not to brie, that is the question! We're firm believers that there's a cheese for every occasion, but creamy brie is welcome any time, pairing well with other flavours, but also perfect just as it is.

cheese cake p125

## this month regulars

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**12 get healthy** Your handy guide to the freshest healthy highlights in this issue.

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**20 cook the cover** Five Curtis Stone 6-piece cookware sets, valued at \$179 each, to win.

**22 you said it** The highlights from our mailbox, Facebook and Instagram.

**24 news** Get it here first: fun and flavourful foodie info you need to know right now.

**26 bucket list** Get stuck in to fresh in-season produce, with these beautiful ideas, including jalapeño chilli poppers, white choc blueberry bark, honeydew melon pops and much more!



# this month



**35** speedy shortcut  
pork mignons



**60** calamari salad from new taste  
mag foodie Georgia Barnes.



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Photography Al Richardson  
Styling Michelle Noerianto

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- 32 weeknight dinners** Midweek meals are never boring with these delicious dinners on the menu – choose from low-cal fish, Asian-inspired lamb, a tasty vego Greek tart and more!
- 47 retro revival** Matt Preston delves into the ancient history of ramen and gives it a modern spin with too-cool-for-school ramen burgers.
- 50 dinners in the bag** You just need 10 ingredients and a few pantry items for these weeknight winners.

**47** Matt Preston's  
ramen burger



- 54 crisper cuisine** Save food waste by raiding your crisper and making this delicious veggie cannelloni bake.
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**KEY:** ← quick ← easy ← low calorie ← low fat ← freezable ← gluten free



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### did you know?

Our iPad app allows you to tag your favourite recipes for easy reference. See page 87 for more info.







# IN GOOD TASTE

## Rachel's Gourmet Greek Dessert Yoghurt

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this month

# hello from Curtis!

**T**his month, I'm so excited to be guest editing *taste.com.au* magazine and spending time with Brodee and the taste team. I absolutely love these last two months of the year – there's that buzz in the air, when you know that summer holidays and Christmas are around the bend! In November I click into Christmas mode – the tree, pressies, parties, carols, making it special for my two little boys and the food – the food! That's where I get my hands dirty...

As a chef, I get a real thrill from surprising my family with a new take on the spread each year. This time, I've created a get-ahead Christmas menu (see page 68) inspired by vibrant, seasonal ingredients, including zucchini, chilli, berries, mango and pineapple. I grew up eating my mum's roast pork with crunchy crackling each Christmas, so I've kept the tradition alive with my take on roast pork with a blackberry vinaigrette. Finish with my Mango Pineapple Tart – elevate it on your best cake stand for more wow factor – it's perfect for any summer gathering!

But hold up. Before we get to that, there's some work to do. Getting organised, writing shopping lists and prepping dishes in advance is paramount to Chrissie success. I've added practical make-ahead steps for the entire menu so you can cruise through your day. Plus be a cool, calm host with my top 10 get-ahead Christmas tips (see page 129), starting with things you can do eight weeks out... that's right now!

Wishing you your most delicious festive season yet!

*Curtis*

CURTIS STONE



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# who's cooking

What's in store from the **taste magazine foodies** this month?



## Manu

Whip up Manu Feildel's **Crepes with Lemon Sauce**, p84, as a sweet, delicate dessert for any time of the day.



## Michelle

Did someone say **Chocolate Crème Brûlée**? Michelle Southan has the perfect recipe, with just four ingredients! p110.



## Curtis

Guest Editor Curtis Stone has a **Get-ahead Christmas Menu**, perfect for breezy summer entertaining, p68.



## Justine

Justine Schofield's **Pork Pot Stickers in Lettuce Cups**, p106, are just the ticket for an easy starter.



## Matt

Explore the history of soupy ramen noodles with Matt Preston as he shares his recipe for **Ramen Burgers**, p47.



## Marion

Marion Grasby's quick and easy **Crispy Salmon & Chilli Caramel Salad** is full of flavour and crunch, p82.



## Chrissy

Nutritionist Chrissy Freer's recipes are full of the **Good Stuff!** Find her healthy low-cal dinners on p56.



## Georgia

New taste foodie Georgia Barnes has a cracker of a calamari salad ready for speedy weeknights in **Grab & Go**, p60.



## Colin

Don't miss out on Colin Fassnidge's moreish **Smoked Mackerel Croquettes**, p80 – they're rich, indulgent bites!

## How do you get ahead when entertaining?

"I start with a cold entree as it can be prepared ahead of time and that means one less thing to do when guests arrive!"

*Justine*

"Get out all your serving plates and tag with Post-it notes so you know what goes where when serving in a hurry!"

*Michelle*

"I always prepare things like sides and desserts ahead. My other rule is to keep things simple... it always ends up tasting better!"

*Chrissy*

"Fancy drinks without the effort! I make cocktail mixes beforehand and simply shake and pour."

*Marion*

this month

# 6 get healthy

Don't miss these **supercharged highlights** in this issue.

## healthy new dinners to try



p32  
quick  
low cal

Snapper with tamarind dressing



p59  
just 288  
cals

Pork with garlic kale



p40  
gluten  
free

Greek zucchini & rice tart



p59  
only 381  
cals

Quinoa herb capsicums



p37  
gluten  
free

Grilled jalapeño & lime chicken



p52  
easy  
low fat

Chicken nabe

### red hot

Ripe blushing tomatoes are packed with the antioxidant lycopene, found in the red pigments.

Get cooking to benefit from even more goodness – unlike most fruit and veg, tomatoes increase their healthy potency during cooking.

p32

p59

### stuff 'em!

Nutritionist Chrissy Freer shares three healthy stuffed dinners to try this month.

p56



### berry sweet

You have to be quick to get a taste of tart, juicy mulberries while they're in season and get a boost of fresh and fruity vitamin C. Bake them, stir them into your breakfast granola or churn them into sorbet!

p119





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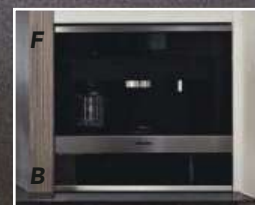
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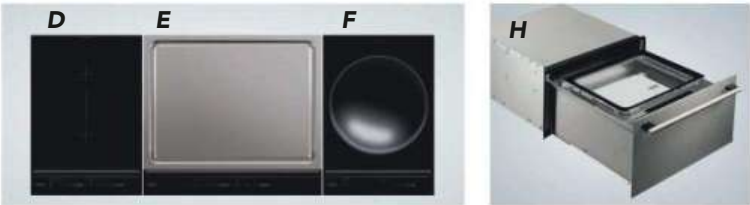
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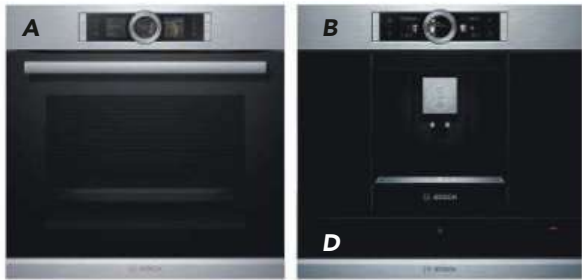


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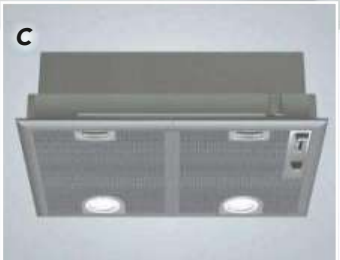
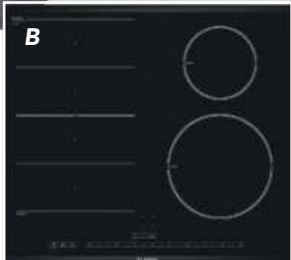
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| <b>F.</b> 900mm Gas Cooktop                            | PGA95F-4   | \$2690   |
| <b>G.</b> 900mm Built-In Downdraft Rangehood           | LIFTFPX900 | \$5790   |

**PACKAGE TOTAL: \$25,580**



- |  |           |        |
|--|-----------|--------|
| <b>A.</b> 450mm Linear Convection Microwave Oven | SC45MCNE2 | \$3490 |
| <b>B.</b> 900mm Undermount Rangehood             | PUM90X    | \$1150 |
| <b>C.</b> 900mm 'Victoria' Dual-Fuel Cooker      | TRA93BL   | \$6990 |
| <b>D.</b> 450mm Linear Steam Oven                | SC45VNE2  | \$3490 |

**PACKAGE TOTAL: \$15,120**



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# cook the cover

Celebrate any occasion with this **ice-cream dream**, bursting with sweet berry and basil.

**We wanted to share something special for our Get-Ahead for Christmas Issue, and this stunner can be made completely in advance! Even the strawberry sauce can be stored in the freezer, ready to add the finishing touches on Christmas day, or on any day you want to impress.** *Michelle Southan*



## let's go!

### strawberry & basil ice-cream cake with meringue & pink peppercorns

serves 10 | prep 30 mins (+ churning, freezing & macerating time) | cooking 5 mins **F**

715g (3 1/3 cups) caster sugar  
830ml (3 1/3 cups) water  
100g pkt meringue nests, crumbled  
1 tbs lime juice  
500g fresh strawberries, halved  
2 tbs shredded fresh basil leaves  
3 tsp lightly crushed pink peppercorns  
Small fresh basil leaves, to serve  
**basil ice-cream**  
1 cup firmly packed fresh basil leaves  
500g mascarpone  
60ml (1/4 cup) lime juice  
**strawberry ice-cream**  
1 kg frozen strawberries, thawed in a bowl  
1 tbs lime juice  
250ml (1 cup) pouring cream

**1** Place the sugar and water in a large saucepan over medium heat. Cook, stirring constantly, until sugar dissolves. Bring to boil. Simmer for 1 minute. Remove from the heat. Set aside to cool. Place in the fridge for 4 hours or until chilled (you will need 1.15L of sugar syrup).

**2** Lightly grease a 3L (12 cup) square cake pan. Line base and sides with baking paper, allowing a 10cm overhang on all sides. Place in the freezer to chill.

**3** For the basil ice-cream, process the basil and 125ml (1/2 cup) sugar syrup in a small food processor until almost smooth. Transfer to a bowl. Stir in 375ml (1 1/2 cups) sugar syrup. Transfer to a food processor. Add mascarpone and lime juice and process until smooth. Transfer to an ice-cream machine and churn until set. Working quickly, spoon the basil mixture into the prepared pan. Smooth surface. Sprinkle 2 cups meringue over ice-cream, pressing in lightly to secure. Cover. Freeze for 3 hours or until firm.

**4** For the strawberry ice-cream, process the frozen strawberry and any juices from the bowl in a food processor until smooth. Push mixture through a sieve, extracting as much liquid as possible. Discard seeds. Place 500ml (2 cups) puree in a large jug. Reserve remaining puree. Add lime juice, cream and 500ml (2 cups) sugar syrup to the jug. Stir well to combine. Transfer to an ice-cream machine. Churn until set. Working quickly, spoon mixture into prepared pan, on top of

the meringue. Smooth the surface. Sprinkle with remaining meringue, pressing lightly to secure. Freeze for 8 hours or until firm.

**5** For the strawberry sauce, combine the lime juice, remaining strawberry puree and 60ml (1/4 cup) sugar syrup in a bowl.

**6** Combine the fresh strawberry, basil, pink peppercorns and remaining 90ml sugar syrup in a bowl. Gently toss to combine, then set aside for 30 minutes to macerate.

**7** To serve, turn onto a chilled platter (rub base with a hot cloth to help turn it out of pan). Top with strawberry mixture, basil leaves and a drizzle of strawberry sauce.

### make-ahead steps

#### 1 month ahead

✳ Make the ice-cream cake to the end of Step 4. Cover with plastic wrap and freeze.

✳ Make the strawberry sauce following Step 5 and freeze in an airtight container.

✳ Freeze remaining 90ml sugar syrup for the strawberries in an airtight container.

#### to serve

✳ Defrost the strawberry sauce and remaining sugar syrup overnight in the fridge and proceed with Steps 6 and 7 of the recipe.





*easy  
make  
ahead*

*summer  
berry  
bliss*

*fresh  
basil  
bite*



### **cook & win!**

Your version of our Strawberry & Basil Ice-cream Cake could win you one of five Curtis Stone 6 Piece Hard Anodised Cooksets valued at \$179. Find the full Cook the Cover comp details on page 20.

### **step-by-step!**

[taste.com.au](http://taste.com.au) magazine's iPad app makes every recipe easy with step-by-step Cook Modes. See page 87 for more.



# COOK the COVER



Complete your kitchen with a Curtis Stone cookware set!

**R**eady to crack on with our amazing Strawberry & Basil Ice-cream Cake? Cook your version and share a picture of your creation with us and you could win one of five Curtis Stone 6-piece Hard Anodised Cooksets, worth \$179 each! Perfect for cooks of any skill level, this versatile cookware is tough enough to stand up to a bit of rough-handling, while the non-stick surface makes cleaning easy!

*"I'll be looking for smooth sides and even layers of vibrant ice-cream topped with fresh, crimson strawberries - a sure sign of the best summer has to offer!"*

**curtis stone** CELEBRITY JUDGE



two ways to enter



**email it:** Send a photo of your creation, with your name, address and telephone number to us at [tastecookandwin@news.com.au](mailto:tastecookandwin@news.com.au)

or

**share it:** Post the photo on Facebook, Instagram or Twitter, with **#tastemagcover** in the message, and make sure the post is public so we can see the picture!



Check out the entries! See our live feed at [taste.com.au/social](http://taste.com.au/social)

Terms and conditions: Entries open 00:01 (AEDT) 15/10/15 and close 23:59 (AEDT) 11/11/15. Open to Australian residents only. Winners determined 14:00 (AEDT) 13/11/15 at NewsLifeMedia Pty Ltd, 2 Holt Street, Surry Hills, NSW 2010. Winners' names published in *taste* magazine January/February 2016. Total prize pool valued at \$895.00. Full terms and conditions available at [taste.com.au/cookthecovercomp](http://taste.com.au/cookthecovercomp)



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# you said it

Here's your latest pics and feedback from **recent issues**.



Louise's Baked Pumpkin Doughnuts (September 2015, p93) are delicious and a fabulous lighter option to bake. The taste and aroma of freshly baked doughnuts is too hard to resist!  
**Danielle Manera**



The Jaffa Slice (August 2015, p136) was easy to make and so fudgy! If you're a fan of Jaffas, then this slice is for you.  
**Jenny Piliotis**



My partner and I loved making the Passionfruit, Lemon & Poppy Seed Cake (September 2015, p105)! We make something together from every issue and it was a true team effort. Cheers!  
**Lucinda Coman**

It took me all of 20 minutes to whip the ingredients together before throwing Louise's Pumpkin & Walnut Cupcakes (August 2015, p71) into the oven! I added a bit of lime juice and I used the zest and a little sliver of lime to decorate the top.

**Alu Han**





# Cook the Cover: September 2015 issue



Michelle  
Nguyen

"The perfect treat  
for Father's Day!"



Chrissy  
North



Ben  
Ingham



"Beautiful  
colour and  
definition!  
It takes real  
skill to not  
make this  
look messy."

Matt Preston  
COOK THE COVER JUDGE



Sally  
Wheeler

Not only pretty, but tastes  
gummy, too! #tastemagcover



Zoë  
Dunlop

"Oh my goodness this was delicious! Thanks for another great recipe."

Our September cover recipe was certainly a challenge, but you went above and beyond, as usual, to recreate the Brownie & Berry Cheesecake Stack. The five winners have each won an amazing new Bosch MUM5PRO Kitchen Machine worth \$699 – we can't wait to see what fantastic creations they'll cook next!

@ Send your thoughts and pics  
to [tastemag@news.com.au](mailto:tastemag@news.com.au)  
To enter our Cook the Cover  
comp this month, see p20

# FIRST taste

Here's the **fun foodie stuff** that's good to know this month.



## EGGSTRA VALUE

We've all heard of a double-yolker, but have you ever seen a quadruple-yolker – four yolks in one egg? That's what a UK woman found while cracking eggs for a breakfast fry-up. When

Jan Long bought half-a-dozen eggs from her local shop she noticed that one egg was unusually large. It measured roughly 7.5 x 15cm, more than three times the size of a normal one. Mrs Long said she imagined there must have been a certain amount of clucking when the egg was laid – an ostrich would have been proud of it! She shared the eggstraordinary four-yolk cache with her husband for brekkie – eggs on toast was the order of the day!



## on the juice

This top tip is just in time for the party season:

Before you hit the cocktail trail, stock up on nashi pears! According to the CSIRO, a preliminary study has shown that drinking the juice of nashi pears before you hit the town may reduce the effects of a hangover and lower blood-alcohol levels. The researchers found that typical hangover symptoms were significantly reduced when 220ml of pear juice was consumed before drinking – but after a night out, it makes no difference, so you have to plan ahead before you party!

## WELCOME GEORGIA



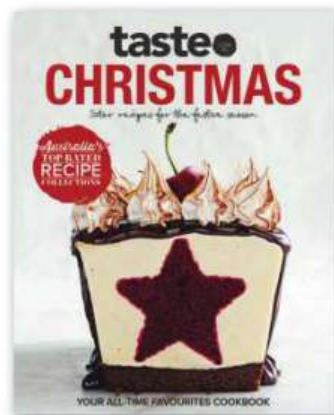
We're stoked to welcome the newest *taste.com.au* magazine foodie – MasterChef Australia 2015 runner-up Georgia Barnes! Each month Georgia will share her take on a quick, easy and delicious dish – we can't wait to get stuck in! Check out Grab & Go on page 60 to see her exclusive new recipe.





## GET CRACKING

In a nutshell, we're nuts for nuts here in the taste office, and this fun little robot man has made opening those hard-to-crack shells much easier. He's made from beechwood and full of retro cheer – just pop a nut in his belly, turn the screw and crack, it's done! The Suck UK Robot Nutcracker is \$39.95 from [until.com.au](http://until.com.au)



## NEW BOOK!

Want to host the perfect festive feast? Our new cookbook *Christmas* will ensure you have more than a few tricks up your sleeve to impress, including starters, mains, sides and mouth-watering desserts, plus time-saving tips and twists to create your best-ever Christmas! Go to page 96 for a sweet sneak peek, and find it at supermarkets and newsagents for \$9.99.



*curtis stone's tips*

## iPad offer

Get ahead of the pack in the lead-up to Christmas with your new bestie – the [taste.com.au](http://taste.com.au) magazine iPad app! It's loaded with interactive features, live links and exclusive extras, as well as helpful cook modes to take you step-by-step through every recipe (including get-ahead recipes from our special guest editor, Curtis Stone). Turn to page 87 for all the info and to take advantage of our 30-day free trial offer.

## star light

File this one under GPFFWLTB: 'Great Present For Friends Who Love To Bake'. This cute cookie-cutter light garland is perfect for adding a pop of shimmering light to the festive season and beyond – the cookie cutters are finished in copper and it measures 4.55m. Copper Cookie Cutter Lights are available for \$49.95 from [larkstore.com.au](http://larkstore.com.au)





# november bucket list

Get stuck in to the tastiest new **in-season produce** with these sensational ideas.

## chilli poppers

For a spicy snack, halve and deseed jalapeños. Roast until tender. Fill with goat's cheese, charred corn, chopped tomato and baby coriander leaves. Drizzle with lime juice and extra virgin olive oil.

## BERRY GOOD

Make a healthy mulberry milkshake by blending fresh mulberries with almond milk, fresh mint leaves and cacao powder.

## grapes of glory

Try this for a quick side salad! Toast buckwheat in a frying pan for 2 minutes or until crisp. Arrange sliced feta, halved black grapes, watercress sprigs, sliced almonds and buckwheat on a plate. Drizzle with honey and olive oil.



### honeydew pops

Puree honeydew melon with a little honey and lime juice. Stir through fresh raspberries and place in popsicle moulds. Insert wooden ice-block sticks and freeze, ready for a sunny day!

### savoury pineapple

You've had it on your pizza, now add pineapple to your tacos! Serve soft tacos with pulled pork, shredded cabbage, chilli sauce and chopped pineapple.

### middle eastern cauliflower steaks

For a tasty vego-friendly steak, cut a cauliflower into thick slices. Pan-fry in extra virgin olive oil until golden. Top with natural yoghurt and sprinkle with thinly sliced red onion, fresh mint leaves and pomegranate seeds.



this month

## luxe nectarine

Looking for an easy starter? Wrap prosciutto around slices of nectarine. Pile on a plate and top with finely shaved pecorino, then drizzle with extra virgin olive oil and balsamic vinegar.

## GREEN GODDESS HUMMUS

Here's a new dip sensation! Puree drained canned chickpeas with tahini, lemon juice, coriander and avocado until smooth. Serve with corn chips.

## new

- blueberries
- cherries
- corn
- cucumber
- grapes
- Italian flat beans
- mulberries
- nectarines
- zucchini flowers

## now

- asparagus
- capsicum
- honeydew melon
- mangoes
- peas
- pineapple
- radishes
- rockmelon
- Valencia oranges
- watermelon

## be quick

- avocados
- beetroot
- broccoli
- cabbage
- cauliflower
- Red Delicious apples
- sugar snap peas
- swedes
- watercress

## blueberry bark

For a simple after-dinner treat, place 1 punnet fresh blueberries on a small tray. Drizzle with 400g melted white chocolate and allow to set. Crack into large chunks and enjoy with coffee or port.



let's do

# november

- ☐ Host a Melbourne Cup party with our fabulous Cup-friendly recipe collection at [taste.com.au/melbournecup](http://taste.com.au/melbournecup)
- ☐ Make the most of in-season watermelon with our luscious low-cal Coconut Chia Pudding With Granita on page 66.
- ☐ Grow your own quinoa! It's ripe for planting right now, and its leaves can be used in salads.



## online extra!

For more seasonal recipes, scan this QR code or go to [taste.com.au/spring](http://taste.com.au/spring)





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## Ploughman's Board

**prep time:** 10 mins

**serves:** 12-15 people

### Ingredients

- Pickled cucumbers
- Pickled onions
- 1 bunch radishes, washed and thinly sliced
- 2 Cheddars
- Camembert
- Rare roast beef, sliced
- Leg ham, sliced
- Mustard pickles
- 1 packet Arnott's Cheds biscuits
- 1 packet Arnott's Country Cheese biscuits

### Method

Arrange all the ingredients on a large platter and serve.



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CHC71034-09/15



# cook it now!

*grilled jalapeño  
& lime chicken  
on corn smash*  
see p37

Weeknight dinners are easy with  
these delicious **new recipes**.

## **JALAPEÑO** chicken

Spicy grilled chicken with sensational corn smash is our new favourite easy weeknight dinner! This gluten-free winner is marinated in flavour-packed herbs and spices, grilled to juicy perfection and served with the tasty corn and sour cream mash – all in just 35 minutes.



## snapper with tamarind dressing & coconut rice

serves 4 | prep & cooking 30 mins **G E L C G F**



270ml can light coconut milk  
330ml (1 1/3 cups) water  
1 stick lemongrass,  
finely chopped  
250g (1 1/4 cups)  
basmati rice, rinsed  
30g palm sugar, grated  
1 tbs tamarind puree  
1 long fresh red chilli,  
finely chopped  
2 tbs lime juice  
5 tsp fish sauce  
1 tsp finely grated fresh ginger  
250g grape tomatoes, halved  
1 small red onion, thinly sliced  
1/3 cup fresh coriander leaves,  
coarsely chopped  
4 (about 150g each)  
snapper fillets

### secret ingredient

Palm sugar brings the sweetness to this sweet, sour and salty dressing.

**1** For the rice, bring the milk, water, lemongrass and rice to the boil in a saucepan over medium heat. Reduce heat to low. Cook, covered, for 10 minutes. Remove from heat. Stand, covered, for 5 minutes. Fluff the rice with a fork.

**2** Meanwhile, combine the sugar, tamarind, chilli, lime juice, fish sauce and ginger in a bowl. Stir until the sugar dissolves.

Combine the tomato, onion and coriander in a bowl. Add 1 1/2 tbs of the dressing. Toss to combine.

**3** Heat a large non-stick frying pan over medium-high heat. Spray the fish with oil. Season, then cook, carefully turning, for 4 minutes or until just cooked through. Serve the fish with the rice and the tomato salad. Drizzle with the remaining tamarind dressing.

**PER SERVE** • 36g protein • 9g fat  
(5g saturated fat) • 61g carb  
• 2g dietary fibre • 476 Cals (1988kJ)

### use it up!

Blend flavour-packed **coriander roots and stems** with grapeseed oil until smooth and drizzle over grilled meats, salads or soups.

easy  
low  
cal





cook it now!

**\$4.50  
per  
serve**

## turkey couscous pilaf

serves 4 | prep & cooking 40 mins **GET IT**

1 tbs extra virgin olive oil  
1 small red onion,  
finely chopped  
2 garlic cloves, crushed  
1 ½ tsp ground cumin  
1 ½ tsp ground coriander  
¾ tsp ground ginger  
½ tsp ground cinnamon  
¼ tsp dried  
chilli flakes  
500g Steggles  
Turkey Mince  
190g (1 cup) couscous  
75g (½ cup) dried  
cranberries  
1 lemon, rind finely  
grated, juiced

### product watch

**Steggles Turkey  
Mince** is lean, tasty  
and quick and easy  
to prepare.

250ml (1 cup) boiling water  
2 cups firmly packed fresh mint  
and coriander leaves  
2 tbs toasted pistachios, chopped  
Extra virgin olive oil, extra, to serve

**1** Heat the oil in a large non-stick frying pan over medium heat. Cook the onion and garlic, stirring, for 2 minutes or until soft. Add the cumin, ground coriander, ginger, cinnamon and chilli.

Cook, stirring, for 1 minute or until aromatic. Increase heat to high. Add the turkey. Cook, breaking up

the mince with a wooden spoon, for 6 minutes or until browned and cooked through.

**2** Meanwhile, place the couscous, cranberries, lemon rind, juice and water in a heatproof bowl. Cover with plastic wrap. Stand for 5 minutes to absorb. Fluff with a fork. Season.

**3** Finely chop half the mint and coriander. Add the turkey mixture and all the mint and coriander to the couscous. Stir to combine.

Sprinkle with the pistachios and drizzle with the extra oil.

**PER SERVE** • 34g protein • 14g fat  
(3g saturated fat) • 49g carb  
• 5g dietary fibre • 472 Cals (1981kJ)

### use it up!

**Couscous** for breakfast? Yes you can! Couscous is great for soaking up flavours – stir cooked leftovers with ground cinnamon and orange zest, then serve with poached fruit and yoghurt.



# plum & ginger glazed lamb with soba noodle salad

serves 4 | prep & cooking 35 mins

60ml (¼ cup) plum sauce  
1 tbs shaoxing wine  
2 tsp finely grated fresh ginger  
1 tsp Chinese five spice  
5 tsp light soy sauce  
1 tbs rice wine vinegar  
1 tsp sesame oil  
2 large (about 440g) lamb backstraps  
80ml (⅓ cup) fresh orange juice  
1 tsp Sriracha Hot Chili Sauce  
270g soba noodles  
300g edamame, blanched, podded  
250g snow peas, trimmed, blanched, sliced  
3 green shallots, thinly sliced diagonally  
60ml (¼ cup) water  
2 tsp sesame seeds, toasted  
Baby shiso, to serve (optional)

## secret ingredient

Fresh **orange juice** in the dressing adds zingy sweetness, beautiful with the lamb.

- 1 Combine the plum sauce, wine, ginger, five spice, 1 tsp soy sauce, 1 tsp rice wine vinegar and ½ tsp sesame oil in a bowl. Add lamb. Turn to coat. Set aside to marinate.
- 2 Whisk the orange juice, Sriracha and remaining soy sauce, vinegar and sesame oil in a bowl. Set aside.
- 3 Cook the noodles in a saucepan of boiling water following packet directions or until just tender. Drain. Refresh under cold running water. Transfer to a large bowl. Add the edamame, snow pea, shallot and orange mixture. Toss to combine.
- 4 Heat a non-stick frying pan over medium heat. Drain the lamb from the marinade, reserving marinade. Spray lamb well with oil and cook, turning occasionally, for 5 minutes for medium or until cooked to your liking. Transfer to a chopping board. Set aside to rest for 3 minutes. Thinly slice.
- 5 Add the water and reserved marinade to the pan over medium heat. Simmer, stirring, for 2 minutes or until thickened. Top the salad with the lamb, drizzle with the glaze and sprinkle with the sesame seeds and shiso, if using.

**PER SERVE** • 48g protein • 12g fat (2g saturated fat) • 71g carb • 6g dietary fibre • 605 Cals (2530kJ)

## use it up!

**Light soy sauce** is milder in flavour than regular soy, but very salty. Mix it with equal parts rice wine vinegar, sesame oil and grated fresh ginger for a tasty dressing to spoon over grilled seafood or fresh oysters.

*hearty  
noodle  
dish*







## pork mignons with apple & white bean puree

serves 4 | prep & cooking 30 mins **R E**



**speedy  
short  
cut**

2 pkts Bruemar Pork Mignons  
with Garlic & Herb Butter  
60ml (¼ cup) extra  
virgin olive oil

1 French shallot, finely  
chopped

1 garlic clove, crushed

1 green apple, peeled,  
finely chopped

2 x 400g cans  
cannellini beans,  
rinsed, drained

1½ tbs water

1 tbs lemon juice

350g green beans, trimmed

45g (⅓ cup) walnuts

### product watch

Bruemar Pork Mignons  
are already stuffed  
with herby garlic  
butter – easy!

**1** Preheat oven to 180°C/160°C fan  
forced and line 2 baking trays with  
baking paper.

**2** Heat a large non-stick frying pan  
over medium heat. Spray pork  
with olive oil. Cook, turning,  
for 4 minutes or until golden.  
Place pork on 1 prepared  
tray. Bake for 7-10 minutes  
or until just cooked through.  
Cover with foil. Set aside  
to rest for 5 minutes.

**3** Meanwhile, for the puree,  
heat 2½ tbs oil in a saucepan over  
medium-low heat. Add shallot and  
garlic. Cook, stirring, for 2 minutes or

until tender. Stir in apple for 3 minutes  
or until tender. Add cannellini beans,  
water and lemon juice. Reduce heat  
to low. Simmer, covered, stirring  
occasionally, for 5 minutes or until  
warmed through. Use a stick blender  
to puree until smooth.

**4** Place green beans and walnuts  
on remaining prepared tray. Drizzle  
with remaining oil. Season. Toss to  
coat. Roast for 6-7 minutes or until  
tender crisp. Serve pork with puree  
and bean mixture.

**PER SERVE** • 46g protein • 39g fat  
(13g saturated fat) • 27g carb  
• 11g dietary fibre • 633 Cals (2773kJ)

### use it up!

Toast any leftover  
**walnuts** and keep  
in a jar ready to  
toss through salads  
or pastas, or sprinkle  
over roast veg.



# broccoli carbonara

serves 4 | prep & cooking 30 mins **Q & E**



1 large head broccoli, cut into florets

1 small garlic clove, chopped

70g (1 cup) finely  
grated pecorino

2 tbs Cobram Estate  
Extra Virgin Olive  
Oil Light Flavour

125ml (½ cup) light  
thickened cream

2 eggs

400g dried spaghetti

250g short cut bacon,  
cut into batons

Extra broccoli florets, blanched,  
to serve (optional)

Extra grated pecorino, to serve

## product watch

Cobram Estate Light  
Flavour EVOO is  
delicate and fruity,  
perfect for pasta.

**1** Bring a saucepan of salted water to the boil over high heat. Add the broccoli. Simmer for 4 minutes or until tender crisp. Remove with a slotted spoon. Refresh under cold running water. Pat dry.

**2** Process broccoli, garlic, half the cheese and 1 tbs oil in a food processor until smooth. Season. Whisk cream, eggs and remaining cheese in a bowl.

**3** Cook pasta in a saucepan of boiling water following packet directions until tender.

Drain, reserving 2 tbs liquid. Return pasta and reserved liquid to pan.

**4** Meanwhile, heat remaining oil in a frying pan over medium heat. Cook bacon, stirring, for 6 minutes or until golden. Drain on paper towel.

**5** Stir broccoli mixture and extra broccoli florets, if using, into pasta. Add cream mixture. Toss until well combined. Divide among bowls. Sprinkle with bacon and extra cheese. Season with pepper.

**PER SERVE** • 37g protein • 33g fat  
(13g saturated fat) • 72g carb  
• 6g dietary fibre • 750 Cals (3134kJ)

## use it up!

Mix any leftover cream with a spoonful of fresh basil pesto to toss through pasta or spoon over grilled chicken breasts.

**\$3.40**  
per  
serve





cook it now!

gluten  
free

## grilled jalapeño & lime chicken on corn smash

serves 4 | prep & cooking 35 mins **GF**

2 green jalapeño chillies  
3 garlic cloves, chopped  
1 large lime, rind finely grated, juiced  
1 tbs light extra virgin olive oil  
1 tsp sea salt  
½ tsp smoked sweet paprika  
¾ cup fresh coriander leaves  
2 large (about 720g) chicken breasts, halved lengthways  
425g can black beans, rinsed, drained  
1 avocado, finely chopped  
3 radishes, thinly sliced  
Lime wedges, to serve  
Baby coriander, to serve (optional)  
**corn smash**  
1 tbs light extra virgin olive oil  
1 small brown onion, finely chopped

1 garlic clove, crushed  
4 small sweet corn cobs, kernels removed  
80ml (⅓ cup) water  
65g (¼ cup) low-fat sour cream

### secret ingredient

Low-fat sour cream in the corn smash cuts the heat of the spicy chicken.

**1** Deseed and finely chop 1 chilli.

Set aside. Process garlic, lime rind, oil, salt, paprika, remaining jalapeño, ½ cup coriander and 2 tbs lime juice in a food processor until smooth and combined. Transfer to a bowl. Add chicken and turn to coat.

Set aside to develop the flavours.

**2** For the corn smash, heat the oil in a small saucepan over low heat. Add the onion and garlic. Cook, stirring,

for 3 minutes or until soft. Add the corn and cook, stirring, for 4 minutes or until tender crisp. Add the water. Simmer, covered, for 4 minutes or until corn is tender. Stir in sour cream. Season. Use a stick blender to coarsely puree.

**3** Coarsely chop remaining coriander. Combine the black beans, avocado, radish, coriander, reserved jalapeño and remaining lime juice in a bowl.

**4** Preheat a chargrill or barbecue on medium-high. Drain chicken from marinade. Spray with olive oil. Cook, turning, for 5-6 minutes or until cooked through. Serve chicken on corn smash, topped with black bean salsa, lime wedges and baby coriander, if using.

**PER SERVE** • 52g protein • 31g fat (8g saturated fat) • 25g carb • 15g dietary fibre • 619 Cals (2587kJ)

### use it up!

Crisp **radishes** are easy to use up – toss slices with rice wine vinegar and caster sugar, then set aside for 30 minutes to make a quick pickle.



cook it now!

## steak sambo with beetroot pesto

serves 4 | prep & cooking 20 mins **G E**



250g pkt ready-to-eat  
baby beetroot, drained  
45g (1/3 cup) walnuts  
40g (1/2 cup) finely  
grated parmesan  
1 small garlic clove,  
chopped  
2 tsp balsamic vinegar  
250g baby truss  
tomatoes, halved  
3 tsp extra virgin olive oil  
1/2 tsp caster sugar  
4 minute steaks  
8 slices sourdough bread,  
chargrilled

### secret ingredient

The signature bite of **parmesan** adds big, punchy flavour to the pesto.

1 1/2 tbs Dijon mustard  
Baby rocket, to serve  
Low-fat mayonnaise,  
to serve (optional)

**1** For the beetroot pesto, process the beetroot, walnuts, parmesan, garlic and 1 tsp of the vinegar in a food processor until smooth. Season.

**2** Preheat the oven grill to high. Line a baking tray with foil. Place the tomato, cut-side up, on tray. Drizzle with 1 tsp oil and remaining vinegar.

Sprinkle with sugar. Season. Grill for 5-6 minutes or until blistered.

**3** Heat a large non-stick frying pan over high heat. Drizzle the steaks with the remaining oil. Season. Cook, turning, for 1-2 minutes or until just cooked through.

**4** Spread 4 slices of bread with mustard. Top with the beetroot pesto, rocket, steak, tomato and mayonnaise, if using. Sandwich with the remaining bread.

**PER SERVE** • 41g protein • 21g fat (5g saturated fat) • 34g carb • 5g dietary fibre • 504 Cals (2105kJ)

### use it up!

Leftover **parmesan** rinds are great for adding to the pot when cooking risotto, minestrone-style soup or tomato pasta sauce. Discard before serving.

**20  
minute  
winner**





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cook it now!

gluten  
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## greek zucchini & rice tart

serves 4 | prep & cooking 40 mins **GF**

1 tbs extra virgin olive oil  
1 garlic clove, crushed  
120g baby spinach leaves  
2 zucchini, cut into batons  
250g pkt microwave  
brown rice  
9 eggs  
260g (1 cup) Greek  
yoghurt  
3 green shallots, thinly  
sliced  
1 small lemon, rind finely  
grated, juiced  
1/3 cup fresh dill sprigs  
1/2 cup fresh mint leaves, chopped  
150g Lemnos Traditional Fetta,  
crumbled

### secret ingredient

Using **yoghurt** in place  
of milk gives this tart  
a rich, tangy  
flavour.

**1** Preheat oven to 190°C/170°C fan  
forced. Heat 1 tsp oil in a  
non-stick 21cm (base  
measurement)

ovenproof frying pan  
over medium-low  
heat. Add garlic.  
Cook, stirring,  
for 30 seconds or  
until aromatic. Add  
spinach and cook,  
stirring, for 2 minutes until  
wilted. Transfer to a sieve set over  
a bowl to drain.

**2** Heat 1 tsp oil in pan over medium-  
high heat. Add zucchini. Cook,  
stirring, for 3 minutes or until just

tender. Season. Transfer to a plate.  
Microwave rice for 30 seconds  
or until grains just separate.

**3** Whisk eggs, yoghurt, shallot, lemon  
rind and 1 tbs juice in a bowl. Chop  
three-quarters of the dill. Add rice,  
mint, spinach mixture, chopped dill  
and half the feta and zucchini. Season.  
**4** Heat remaining oil in pan over low  
heat. Add egg mixture. Cook, shaking  
pan occasionally, for 6 minutes or  
until just beginning to set. Top with  
remaining zucchini, dill and feta.  
Bake for 25 minutes or until just set.

**PER SERVE** • 28g protein • 29g fat  
(12g saturated fat) • 33g carb  
• 3g dietary fibre • 519 Cals (2171kJ)

### switch it!

For added protein,  
replace the brown  
rice with 2/3 cup  
cooked and  
well-drained quinoa.



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# take it outside

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[TASTE.COM.AU/BBQ](http://TASTE.COM.AU/BBQ)

## barbecue prawn & salsa verde pizza

makes 2 pizzas | prep 20 mins (+ 30 mins proving time) | cooking 30 mins

450g (3 cups) Lighthouse

Bread & Pizza Plain Flour

2 tsp (7g/1 sachet) dried yeast

Large pinch of caster sugar

½ tsp salt

310ml (1 ¼ cups) warm water

1 tbs extra virgin olive oil

Extra virgin olive oil, extra, to brush

2 large zucchini, peeled into ribbons

240g btl tomato and basil pasta sauce

100g (1 cup) coarsely grated mozzarella

1kg peeled king green prawns with tails intact

480g truss cherry tomatoes

### SALSA VERDE

¼ cup chopped fresh continental parsley

¼ cup chopped fresh basil leaves

2 tbs drained baby capers

2 tbs extra virgin olive oil

1 tsp finely grated lemon rind

2 tbs lemon juice

**1** Combine flour, yeast and sugar in a bowl. Stir in salt. Make a well. Add water and oil.

Stir to combine. Use your hands to bring dough together. Turn onto a lightly floured surface. Knead for 10 minutes or until smooth and elastic. Brush a large bowl with extra oil. Add dough. Turn to coat. Cover with a damp tea towel. Set aside in a warm place for 30 minutes or until doubled in size.

**2** Meanwhile, preheat barbecue on medium-high heat with lid down. Brush the zucchini with a little extra oil, then barbecue for 1-2 minutes each side or until



just tender. Transfer to a plate. Close the barbecue hood, reduce the burners to medium and preheat to 180°C.

**3** For the salsa verde, place all the ingredients in a bowl and mix until well combined. Season.

**4** Punch down the dough with your fist and knead for 30 seconds or until dough is original size. Halve dough. Cover 1 portion with a damp tea towel. Roll out the other portion to a 23 x 32cm rectangle. Place on a large baking tray and brush the top of the dough with oil.

**5** Carefully place the dough directly on the barbecue grill, oiled-side down. Cover with the hood and cook for 3 minutes or until golden and crisp.

**6** While the dough is cooking, brush the baking tray with oil to grease.

**7** Place the dough, cooked-side up, on the greased tray. Spread with half the pasta sauce. Sprinkle with half the mozzarella. Top with half the zucchini, half the prawns and half the tomatoes. Place tray on grill. Cook with the lid down for 8-10 minutes or until the base is golden and crisp underneath and the prawns are cooked though.

**8** Repeat with remaining dough, pasta sauce, mozzarella, zucchini, prawns and tomato. Serve pizzas drizzled with the salsa verde.

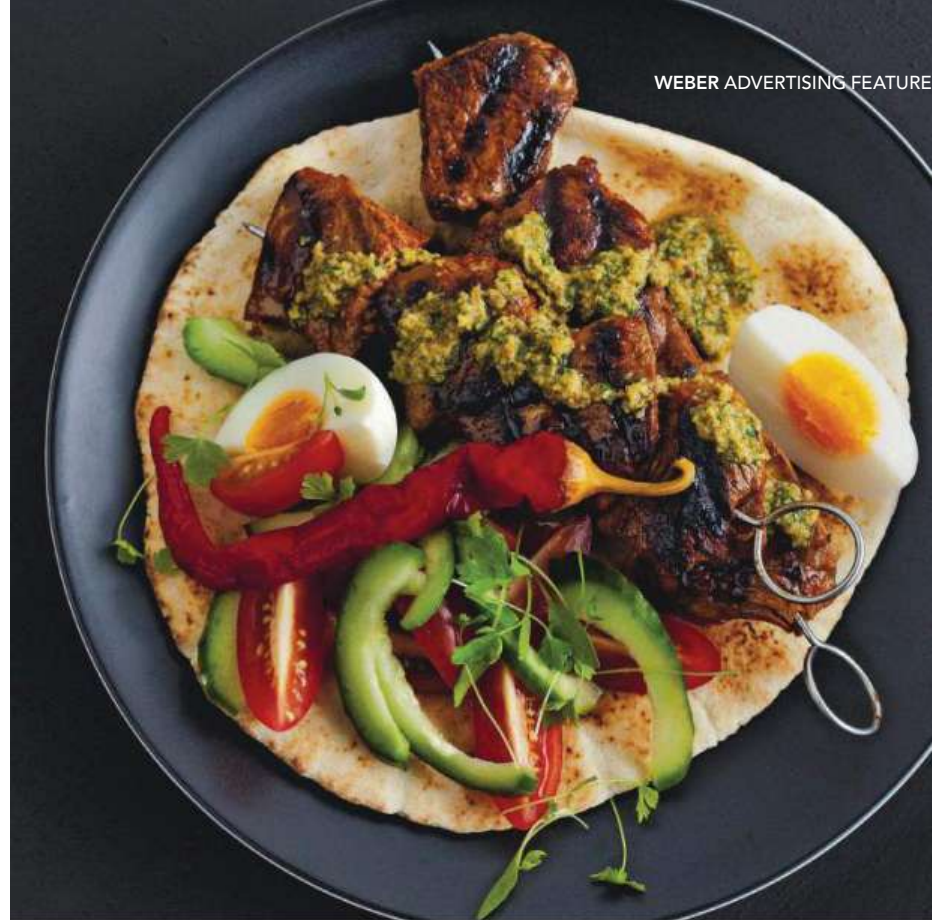
### ✂️ weber top tip

For best results make your pizza using a Weber pizza stone. You need to preheat the stone (on top of a trivet atop a convection tray) prior to using for 20 minutes. They're available in two sizes from Weber retailers.

## portuguese beef espetada with olive & coriander dressing

serves 4 | prep 20 mins | cooking 5 mins

- 1 lemon, rind finely grated, juiced
- 800g Scotch fillet steak, trimmed, cut into 3cm pieces
- 2 garlic cloves, crushed
- 2 tsp sweet paprika
- 1 dried bay leaf, crushed
- 80ml (1/3 cup) olive oil
- 60g (1/4 cup) stuffed garlic and chilli marinated green olives
- 1/2 cup coriander leaves



**200g grape tomatoes, quartered**

**2 Lebanese cucumbers, seeded, sliced**

**2 hard-boiled eggs, peeled**

**4 flatbreads**

**Hoyt's Hot Peppers, to serve**

**1** Reserve 1 tbs of the lemon juice. Combine the lemon rind, steak, garlic, paprika, bay leaf, 1 1/2 tbs of oil and the remaining lemon juice in a bowl. Season, then marinate for 10 minutes.

**2** Meanwhile, process the stuffed green olives and coriander in a food processor until finely chopped. With the motor running, add combined remaining oil and reserved juice in a slow, steady stream until a paste forms.

**3** Preheat a barbecue on medium-high heat. Thread the steak onto 8 metal skewers. Cook with the lid down, turning occasionally for medium or until cooked to your liking. Rest for 3 minutes.

**4** Combine the tomato and cucumber in a bowl. Cut the eggs into quarters. Divide flatbread among plates. Top with salad, beef skewers and egg. Spoon over olive paste. Serve with hot peppers.

### ✂️ weber top tip

Metal skewers are preferable to wooden skewers as they won't burn and conduct heat through the centre of the meat, too.



### Why we love the Weber Family Q

- It makes cooking delicious fat-free meals for friends and family easy.
- It's compact, but still with enough cooking space to feed a crowd.
- Barbecuing with the lid down helps circulate the smoke around the food, enhancing the barbecue smoky flavour.
- Take the heat out of the kitchen by roasting and cooking in the Family Q.
- Side tables drop down to save space.



## thai-style barbecue chicken & noodle salad

serves 6 | prep 20 mins (+ 4 hours  
marinating, 5 mins standing and 5 mins  
resting time) | cooking 20 mins

125ml (½ cup) sweet chilli sauce  
1 tbs fish sauce  
3 garlic cloves, finely chopped  
2cm-piece fresh ginger, peeled,  
finely chopped  
⅓ cup chopped fresh coriander leaves  
3 coriander roots, washed,  
finely chopped  
2 tsp finely grated lime rind  
60ml (¼ cup) soy sauce  
60ml (¼ cup) lime juice  
8 chicken thigh fillets, skin on

### NOODLE SALAD

500g butternut pumpkin, peeled,  
cut into 2.5cm cubes  
1 tbs cold water  
200g green beans, trimmed,  
cut into 3cm lengths  
50g rice vermicelli noodles  
1 red capsicum, deseeded, diced  
½ x 200g punnet grape tomatoes, halved  
½ cup fresh coriander leaves  
⅓ cup fresh mint leaves, torn  
2 tbs granulated nuts

**1** Combine the sweet chilli sauce, fish sauce, garlic, ginger and coriander leaves in a jug. Season with pepper. Divide mixture in half. Add coriander root, lime rind and soy sauce to 1 half for the marinade. Add lime juice to the remaining half, for the dressing.

**2** Place chicken in a shallow glass or ceramic dish. Pour over marinade. Turn to coat. Cover. Place in the fridge for 4 hours. Cover dressing and place in the fridge.

**3** Preheat barbecue on medium-low heat with lid down. Cook chicken, with lid down, for 5 to 6 minutes each side or until browned and cooked through. Transfer to a plate. Cover and stand for 5 minutes to rest.

**4** Meanwhile, for the noodle salad, place the pumpkin in a heatproof bowl. Add water. Cover. Microwave on High for 3 to 4 minutes or until tender, adding the beans for the last minute of cooking. Rinse under cold water. Drain well.

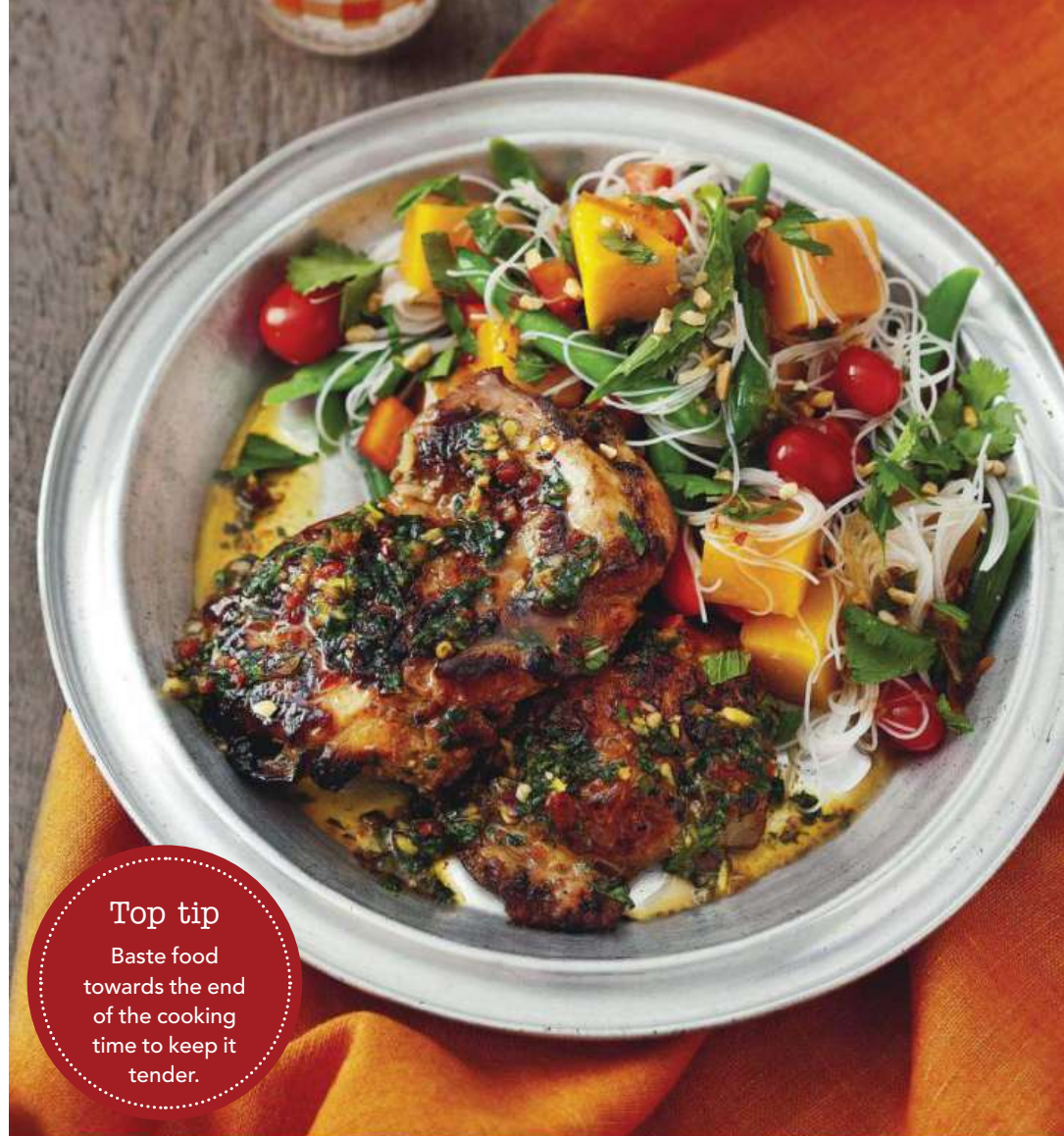
**5** Place the noodles in a heatproof bowl. Cover with boiling water. Stand for

5 minutes or until tender. Using a fork, separate noodles. Drain. Rinse under cold water. Drain. Transfer to a large bowl. Using kitchen scissors, cut noodles into 5cm lengths. Add pumpkin, beans, capsicum, tomato, coriander, mint and nuts. Season with salt and pepper. Toss to combine.

**6** Serve chicken with the noodle salad and drizzle with the dressing.

### Top tip

Baste food towards the end of the cooking time to keep it tender.



### ✦ weber top tips

- The stainless steel burners on the Genesis give great control over the heat, meaning you can get the low even heat ideal for marinated food.
- Marinating should be done in the refrigerator to prevent spoiling. Remove meat from the fridge at least 30 minutes before cooking.

### Why we love the Weber Genesis E-330 BBQ

- Perfect for the outdoor chef, this large three-burner barbecue has a side burner and sear station for restaurant-quality steak.
- The stainless steel burner system gives perfect control for direct and indirect cooking.
- The two porcelain-enamelled cast iron cooking grills give you the ideal surface for cooking – the even heat of cast iron, without the rust.
- It's a stylish outdoor kitchen addition.





## beef fajitas

serves 4-6 | **prep** 30 mins (+ 2 hours marinating, 30 mins soaking & 1 hour cooling time) | **cooking** 20 mins

500g wagyu beef, skirt or flank steak  
8 small corn tortillas  
100g grated cheddar  
1 tub guacamole (bought or homemade)  
250g (1 cup) sour cream  
2 limes, sliced into wedges

### MARINADE

2 tinned chipotle chillies in adobo  
1 tsp smoked paprika  
250ml (1 cup) freshly squeezed orange juice  
Juice of ½ lime  
3 tbs tomato sauce (ketchup)  
2 tbs dried oregano  
½ tsp ground cumin  
2 tbs white-wine vinegar  
2 tsp salt  
½ tsp ground black pepper

### QUICK-PICKLED ONIONS

2 red onions, thinly sliced  
250ml (1 cup) water  
½ tbs dried oregano  
2 bay leaves  
½ tsp ground cumin  
1 habanero or fresh green chilli, sliced  
1 garlic clove, crushed  
1 tbs sherry vinegar

### TOMATO SALSA

3 vine-ripened tomatoes, diced  
Juice of 1 lime  
2 tbs chopped fresh coriander

**1** For the marinade, combine all the ingredients in a large bowl. Add the beef, stir to coat, cover, and place in the fridge to marinate for at least 2 hours, or preferably overnight, to marinate.

**2** For the quick-pickled onions, place the onion in salted water and set aside to soak for 30 minutes. Meanwhile, place the water, herbs, spices and chilli in a small saucepan and bring to the boil. Drain the onions and place them in a bowl with the garlic. Pour the herb mixture over the onions and garlic, then set aside for at least 1 hour to cool.

**3** For the tomato salsa, combine all the ingredients in a bowl. Season to taste, then set aside.



“There’s nothing like cooking with flames and grill – the modern barbecue is now one of the best ways to cook.”

– Ben O'Donoghue

**4** When ready to cook, remove the beef from the marinade and place on a plate. Set aside. Pour the marinade into a small saucepan over medium-high heat and simmer for 10 minutes, until thickened and reduced.

**5** Preheat barbecue on high heat with the lid down. Cook the beef, with lid down, for 2-4 minutes on each side, or until cooked to your liking. Place beef on a chopping board. Slice into fine strips across the grain. Drizzle the cooked marinade over the beef.

**6** Drain the pickled onions and sprinkle with the vinegar before serving.

**7** To serve, fill a tortilla with the beef, quick-pickled onion and tomato salsa. Sprinkle with the cheddar. Dollop with guacamole and sour cream. Serve with a wedge of fresh lime.

*This recipe is an edited extract from Meat Bible by Ben O'Donoghue (Hardie Grant Books, \$39.95). It is available in stores nationally.*



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# retro revival

You'll need both hands to eat Matt Preston and Michelle Southan's **ramen burger**.



*fun  
burger  
night*



WORDS: MATT PRESTON RECIPE: MATT PRESTON & MICHELLE SOUTHAN PHOTOGRAPHY: AL RICHARDSON STYLING: SARAH O'BRIEN FOOD PREPARATION: LUCY BUSUTTIL



**V**isit any big Australian city these days and it seems as if 'ramen' is the word of the day. Foodie friends will thrust a crumpled card detailing a hidden away hole-in-the-wall into your hand, whispering, "do yourself a favour".

It's the same overseas, where this simple noodle soup is having a zeitgeist moment from Cape Town to San Francisco, with top chefs like David Chang idolising it to such a degree that his hip food mag *Lucky Peach* dedicated a whole issue to it.

While Japan is seen as the home of ramen, its roots lie elsewhere in Asia. It seems likely that the first noodles in the world were probably made in Korea from acorn flour being ground there back in the Neolithic period, but the earliest archaeological discovery of noodles was in north-west China. This was an up-turned bowl of long, yellow noodles made from laminated millet-flour that was carbon-dated as 4000 years old. These noodles looked strikingly like the 'la mien' noodles of today, from which ramen gets its name.

While 'la mien' noodles were popular in China, fat udon and then soba noodles dominated in Japan, at least until the late 19th century when ramen began to appear in the Japanese port of Yokohama as Chinese hawkers used them to feed the quayside merchants and traders with this noodled broth. Losing the racially-tinged epithets of 'shina soba' and replacing it with a Japanese pronunciation of 'la mien', soupy ramen became 'the thing' across Japan by 1910.

After World War II, ramen was seen as vital in keeping bellies full and thus the population away from the hunger-driven lure of post-war communism. Food shortages meant that the noodles, traditionally made with local flour and kansui (salty water that is highly alkaline and loaded with carbonate), were increasingly mass-produced with cheap imported US flour which flooded the Japanese market and with eggs which gave them the same yellow colour.

**"Ramen was seen as vital in keeping bellies full and the population away from the lure of post-war communism."**

In 1958, the Nissin company sold the first instant ramen, which 15 years later, would be revisioned in the US as 'Pot Noodle'. This post-war commercialism also prompted the growth of small local ramen shops that wanted to protect or explore ramen's potential to have a true regional character through the choice of broth, base, noodle or toppings used. *Lucky Peach's* rather wonderful guide to the ramen of Japan's different regions is worth a look, and is available online at [bit.ly/ramenguide](http://bit.ly/ramenguide)

Turning ramen instant did also have another benefit. It spawned the wonderful world of 'two-minute noodles', packet chicken noodle soup, and 'packet ramen', with all their modern culinary potential to morph into everything from ramen-crusts fried chicken to the infamous ramen burger invented in Brooklyn by Keizo Shismoto in 2013, and introduced to Australia by chef Hiromi Hanzawa in Melbourne. The bun is made of tightly packed ramen noodles – it is one of those dishes that is so wrong it must be right! And it's where Michelle and I have taken inspiration for our indulgent creation.

## ramen burgers

**serves 4 | prep** 15 mins (+ 1 hour chilling time)

**cooking** 30 mins

**4 x 100g pkts Nissin Ramen Noodle**

**1 tbs soy sauce**

**300g beef mince**

**200g piece Kaiserfleisch (smoked pork), very finely chopped**

**2 tbs mirin seasoning**

**3 tsp white miso**

**85g (1/3 cup) Kewpie Mayonnaise**

**2 tsp wasabi**

**2 green shallots, thinly sliced**

**1/2 tsp sesame oil**

**80ml (1/3 cup) vegetable oil**

**4 eggs**

**pickled vegies**

**1/2 small daikon, peeled, cut into batons**

**1 small carrot, peeled, cut into batons**

**2 tbs rice wine vinegar**

**55g (1/4 cup) caster sugar**

**1 tsp salt**

**1** Grease eight 9.5cm (base measurement) round ramekins or ovenproof dishes with oil.

**2** Discard noodle seasoning. Cook noodles in a saucepan of boiling water for 3 minutes or until tender. Drain. Divide among ramekins. Cover surface with plastic wrap. Place cans in dishes to press down. Place in fridge for 1 hour.

**3** Meanwhile, for the pickled vegies, toss the ingredients in a bowl. Set aside for 1 hour.

**4** Place soy in a bowl. Combine mince, pork, mirin and miso in a large bowl. Roll into 4 balls. Dip in soy. Flatten into patties. Place on a plate. Combine mayo and wasabi in a bowl. Combine shallot and sesame oil in a bowl.

**5** Heat 3 tbs vegetable oil in a non-stick frying pan over medium heat. Use a flat-bladed knife to loosen the noodles. Invert dish into pan to release buns. Cook, in batches, for 3-4 minutes each side or until golden. Drain on paper towel. Keep warm.

**6** Reduce heat to medium. Cook patties for 5 minutes each side or until cooked through. Transfer to a plate. Keep warm.

**7** Heat remaining oil in pan over medium-high heat. Add the eggs. Cook for 2 minutes for soft yolks or cooked to your liking.

**8** Top half the buns with wasabi mayo, pickled vegies, patties, eggs and shallot mixture. Top with remaining buns.



"It's the best of both worlds - soupy ramen flavours, all packaged up in the convenience of a burger!"

*[Handwritten signature]*

*easy  
ramen  
buns*



# 3 dinners in the bag

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Grab 10 easy ingredients to make three delicious **weeknight dinners**.

## Bag these...



## shopping list

1.5KG PORK RIBS	\$27.00
400G PKT WHITE MISO PASTE	\$3.98
700G CHICKEN BREAST FILLETS	\$8.00
375G PKT FILO PASTRY	\$4.10
200G PKT SMOOTH FETA	\$5.20
800G CAULIFLOWER	\$3.90
1 WOMBOK	\$3.90
4 CARROTS	\$1.70
1 BUNCH GREEN SHALLOTS	\$2.48
1 BUNCH FRESH CORIANDER	\$2.98

TOTAL: \$63.24

## kitchen staples

- red onion • garlic • fresh ginger • eggs
- butter • rice • cumin seeds • caster sugar
- extra virgin olive oil • sesame oil
- apple cider vinegar • cooking saké
- light soy sauce • hot English mustard
- whole egg mayonnaise • chicken stock

## cauliflower filo pie

serves 4 | prep & cooking 1 hour 10 mins

- 1 (about 800g) cauliflower, trimmed, chopped
- 1 tbs extra virgin olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, finely chopped
- ½ tsp cumin seeds, lightly crushed, plus extra, to sprinkle
- 200g smooth feta, crumbled
- 3 eggs, lightly whisked
- 2 tbs chopped fresh coriander
- 8 sheets filo pastry
- 75g butter, melted
- Fresh coriander sprigs, to serve, optional

**1** Process cauliflower in a food processor until coarsely chopped. Heat oil in a frying pan over medium-high heat. Cook onion, stirring, for 5 minutes or until golden. Add garlic and cumin. Cook, stirring, for 1 minute. Add cauliflower and cook, stirring, for 5 minutes or until just tender. Transfer to a bowl. Cool slightly. Stir in feta, egg and coriander. Season.

**2** Preheat oven to 200°C/180°C fan forced. Brush a 22cm (base measurement) cake pan with butter. Brush 1 filo sheet with a little butter. Top with another sheet. Brush with butter. Place one-quarter of the cheese mixture along the long end closest to you. Fold in the sides. Roll to enclose. Arrange, seam-side down, in a coil in the centre of the prepared pan. Repeat with filo, butter and cheese mixture to make 3 more rolls. Place rolls, seam-side down, at end of coil. Wrap around to fill pan. Brush with remaining butter. Sprinkle with extra cumin. Bake on lowest oven rack for 30 minutes. Transfer to middle rack. Bake for 15 minutes or until crisp. Top with coriander.

**PER SERVE** • 20g protein • 36g fat (19g saturated fat) • 22g carb • 6g dietary fibre • 500 Cals (2091kJ)



cook it now!

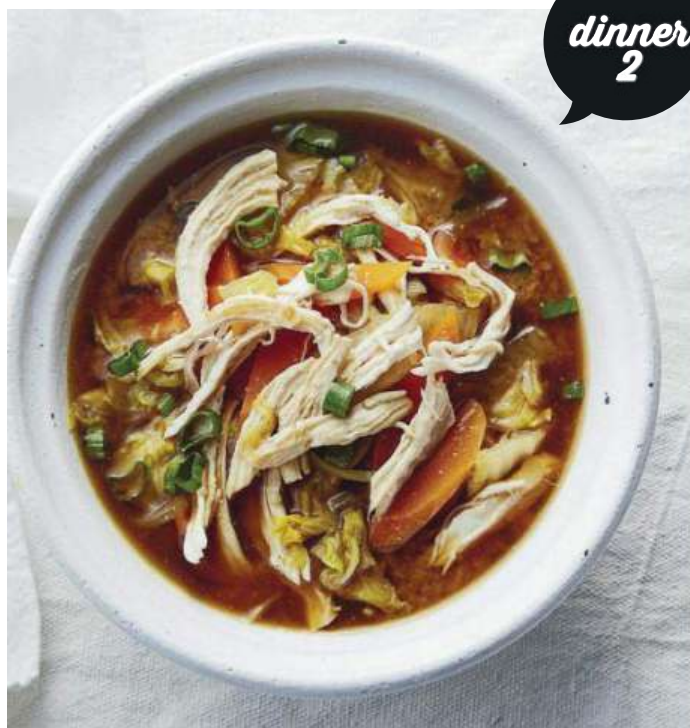
Flaky filo pastry and tasty cheesy filling  
make this vego pie an easy winner!



dinner  
1



cook it now!



dinner  
2

## chicken nabe

serves 4 | prep & cooking 30 mins **G E LC LF**

- 1 tbs extra virgin olive oil
- 700g chicken breast fillets
- 1L (4 cups) good-quality chicken stock
- 2 carrots, peeled, sliced lengthways, chopped
- ½ wombok (Chinese cabbage), trimmed, thinly shredded
- 75g (¼ cup) white miso paste
- 2 tbs cooking saké
- 2 tbs light soy sauce
- 1 tbs caster sugar
- 2 green shallots, trimmed, sliced
- Steamed rice, to serve (optional)

### secret ingredient

Wombok adds nutrients, texture and subtle sweetness to the soup.

- 1 Heat the oil in a large deep-sided frying pan over medium heat. Cook the chicken for 7 minutes each side or until just cooked through. Transfer to a plate. Cover and set aside to rest. Shred.
- 2 Add the chicken stock and carrot to the pan and simmer for 5 minutes. Add the cabbage and simmer for a further 4 minutes. Combine the miso, cooking saké, soy sauce and sugar in a bowl. Add a little of the liquid from the saucepan to the bowl and stir to combine. Add the miso mixture to the saucepan and stir gently, without boiling, to dissolve the miso.
- 3 Divide the soup among bowls and top with the chicken. Sprinkle with the green shallots. Serve with steamed rice, if using.

**PER SERVE** • 45g protein • 10g fat (2g saturated fat)  
• 13g carb • 4g dietary fibre • 338 Cals (1413kJ)



dinner  
3

## miso-glazed pork ribs

serves 4 | prep & cooking 50 mins

- 75g (¼ cup) white miso paste
- 60ml (¼ cup) light soy sauce
- 2 tbs caster sugar
- 2 tbs apple cider vinegar
- 2 tsp finely grated fresh ginger
- 1 tsp sesame oil
- 1.5kg pork ribs, each rack cut in half
- slaw
- 85g (⅓ cup) Kewpie or whole egg mayonnaise
- 1 tbs apple cider vinegar
- 1 tsp hot English mustard
- 1 tsp sesame oil
- ½ small wombok, finely shredded
- 2 carrots, peeled, coarsely grated
- 2 green shallots, trimmed, sliced

### secret ingredient

Apple cider vinegar is great with Asian food as it cuts sweetness and adds sharpness.

- 1 Combine the miso, soy, sugar, vinegar, ginger and oil in a bowl.
- 2 Place a trivet or upturned heatproof saucer in the base of a large saucepan or stockpot. Pour enough water into the pan to just reach top of trivet. Place ribs on a heatproof plate. Brush with one-third of the miso mixture. Place plate on trivet. Cover and bring to a simmer over medium heat. Steam for 40 minutes or until ribs are tender.
- 3 Meanwhile, for the coleslaw, combine the mayo, vinegar, mustard and oil in a large bowl. Set aside for 20 minutes to allow the flavours to develop. Add the wombok, carrot and shallot. Toss to combine.
- 4 Preheat barbecue grill or chargrill to high. Brush remaining glaze over ribs. Grill for 3-4 minutes each side until golden. Serve with slaw.

**PER SERVE** • 42g protein • 36g fat (9g saturated fat)  
• 16g carb • 4g dietary fibre • 565 Cals (2362kJ)



*Formaggio di Qualità*

# IL MIGLIORE

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cook it now!

# crisper cuisine

This cheesy **vegetarian crowd-pleaser** is packed with rich, saucy flavours.

## it's a blitz!

Use it up in this cheesy bake.

### crisper raid

- 400g cauliflower, trimmed, coarsely chopped
- 250g cup mushrooms, coarsely chopped
- ¼ cup chopped fresh basil leaves, plus extra, to serve
- ⅓ cup chopped fresh continental parsley, plus extra, to serve

### fridge raid

- 120g (1 ½ cups) coarsely grated cheese, such as cheddar or mozzarella
- 2 tbs crème fraîche, sour cream or thickened cream
- 6 fresh lasagne sheets

### pantry raid

- 1 tbs olive oil
- 2 brown onions, halved, thinly sliced
- 2 garlic cloves, finely chopped
- Pinch dried chillies, optional
- 180ml (¾ cup) tomato pasta sauce
- 125ml (½ cup) water

## what we saved

- \* cauliflower \* mushrooms
- \* fresh basil \* fresh continental parsley
- \* 120g cheddar
- \* crème fraîche
- \* lasagne sheets

## vegie cannelloni with pink sauce

serves 4 | prep 20 mins | cooking 1 hour 5 mins

**1** Heat the oil in a large frying pan over high heat. Add the onion. Reduce heat to medium-low. Cook, stirring often, for 10 minutes or until golden. Add the garlic. Cook, stirring, for 1 minute or until aromatic. Stir through chilli, if using. Add cauliflower and mushroom. Cover. Cook, stirring often, for 10 minutes or until cauliflower is tender. Transfer mixture to a bowl. Stir through basil, parsley and 40g (½ cup) cheese. Season well.

**2** Combine the pasta sauce, crème fraîche and water in a jug. Pour into a 24 x 31cm baking dish.

**3** Preheat oven to 180°C/160°C fan forced.

Place a pasta sheet on a work surface. Place one-sixth of the cauliflower mixture along a short side of the sheet. Roll up and place in the dish. Continue with the remaining cauliflower mixture and pasta sheets. Sprinkle with the remaining cheese. Cover with baking paper and foil and bake for 25 minutes. Remove the paper and foil and bake for a further 15 minutes or until bubbling and cheese is golden. Sprinkle with extra basil and parsley leaves to serve.

hearty  
vego





# easy slider

These spicy patties with pickled onion and creamy Lemnos Smooth Fetta Cheese are impossible to resist. There will be no stopping at one...

## moroccan lamb sliders with fetta & pickled red onion

**makes 12** | **prep** 15 mins (+ 30 mins marinating & 30 mins resting time) | **cooking** 10 mins

1 large red onion, thinly sliced  
60ml (¼ cup) red wine vinegar  
1 tbs caster sugar  
1 tsp sea salt flakes  
400g lamb mince  
1 tsp ground cinnamon  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground allspice  
2 tsp olive oil  
12 small soft bread rolls, split  
100g Lemnos Smooth Fetta Cheese, crumbled  
¼ cup fresh mint leaves  
¼ cup fresh coriander leaves

- 1** Combine the onion, vinegar, sugar and salt in a bowl. Set aside for 30 minutes to marinate. Drain well.
- 2** Meanwhile, combine the lamb, cinnamon, cumin, coriander and allspice in a medium bowl. Use your hands to combine. Divide into 12 even portions. Shape each portion into an 8cm round patty. Place on a plate in the fridge for 30 minutes to rest.
- 3** Heat the oil in a large frying pan over medium high heat. Add the lamb patties and cook for 3 minutes each side or until browned and cooked through.
- 4** Divide the lamb patties among bread rolls. Top with the pickled onion and sprinkle with fetta, mint and coriander leaves. Serve immediately.



### A TASTE SENSATION

Lemnos Smooth Fetta Cheese adds a creamy tang to pasta dishes, pizza toppings, risottos, pastries, sauces, canapes and more. The Lemnos cheese range gives an instant flavour boost to your dishes and will take a salad from ordinary to extraordinary.

For more information and recipe ideas, visit [lemnosfoods.com](http://lemnosfoods.com)



 **Lemnos**



# good stuff

These healthy **low-cal dinners** are stuffed to the brim with flavour and nutrients!

*just  
315  
cals*



## cannellini beans

Protein-packed cannellini beans count as a serve of veg, and their high soluble and insoluble fibre content are beneficial for digestive health, as well as helping you feel full for longer. Pair them with dark leafy greens like silverbeet, which is packed with vitamin C, beta-carotene, vitamin K, fibre and folate – plus, silverbeet is a robust green, so it holds its shape once cooked.

stuffed lamb  
leg roast  
see page 59



cook it now!

low  
cal  
vego

# capsicum

A tasty quinoa stuffing not only makes these capsicums substantial and filling, but also provides a good source of plant protein, dietary fibre and manganese. Capsicums are extremely low in fat and calories and are packed with vitamin C and beta-carotene (especially the red, orange and yellow ones). They can also help reduce the risk of macular degeneration, as they're a source of powerful antioxidants lutein and zeaxanthin.

quinoa herb  
capsicums  
see page 59





only  
288  
cals

## kale

Wilted kale combined with sweet raisins and salty feta makes the perfect match for pork! Kale is rich in beta-carotene and vitamin C, and is packed with disease-fighting compounds. Red cabbage is another member of the disease-fighting cruciferous family – red cabbage is higher in vitamin C than green varieties, as well as a good source of fibre and potassium, which assists electrolyte balance. Crisp apple adds sweetness – leave the skin on to reap all the antioxidants and fibre it includes.

pork with  
garlic kale  
see opposite page





## stuffed lamb leg roast

serves 4 | prep 15 mins | cooking 45 mins **LC GF**

- 2 tsp extra virgin olive oil
- 1 lemon, rind finely grated, juiced
- 3 garlic cloves, crushed
- 1 bunch silverbeet, de-stemmed, chopped
- 40g haloumi, coarsely grated
- 500g mini lamb leg roast
- 1 tsp coriander seeds, crushed
- ½ tsp garam masala
- 1 tsp ground cumin
- 125ml (½ cup) salt-reduced chicken stock
- 2 tsp balsamic vinegar
- 400g can cannellini beans, rinsed, drained
- 3 truss tomatoes, chopped

**1** Preheat oven to 200°C/180°C fan forced. Heat 1 tsp oil in a non-stick frying pan over medium heat. Cook half the rind and half the garlic for 30 seconds. Add 50g silverbeet. Cook, stirring, until wilted. Cool. Stir in haloumi. **2** Make a cut through lamb (do not cut all the way through). Stuff with silverbeet mixture. Tie with kitchen string. Combine coriander, garam masala and cumin in a bowl. Rub over lamb. **3** Heat a non-stick frying pan over high heat. Spray with oil. Cook lamb for 2-3 minutes each side or until browned. Transfer to a roasting pan. Roast for 25-30 minutes for medium. Transfer to a plate. Cover with foil. Set aside to rest. Simmer stock and vinegar in roasting pan over medium heat, stirring, for 3-4 minutes or until thickened. Keep warm. Slice lamb. **4** Cook remaining oil, rind and garlic in a frying pan over medium heat, stirring, for 30 seconds. Stir in beans and tomato for 1 minute. Add remaining silverbeet and cook, tossing, until wilted. Stir in 2 tsp lemon juice. Season. Serve with lamb and pan juices.

**PER SERVE** • 34g protein • 13g fat (5g saturated fat) • 12g carb • 6g dietary fibre • 315 Cals (1317kJ)



## quinoa herb capsicums

serves 4 | prep 15 mins | cooking 55 mins **LC GF**

- 145g (¾ cup) tri-coloured quinoa
- 375ml (1 ½ cups) water
- 1 lemon, rind finely grated, juiced
- 4 green shallots, thinly sliced
- 400g can red kidney beans, rinsed, drained
- 2 truss tomatoes, chopped
- 2 tbs chopped fresh coriander
- 2 tbs chopped fresh continental parsley
- 45g (¼ cup) pepitas
- 4 large mixed capsicums, halved lengthways, deseeded, membrane removed
- 55g (½ cup) cashews, soaked in cold water for 2 hours
- 1 tbs tahini
- 60ml (¼ cup) water, extra
- 100g baby rocket leaves, to serve

**1** Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper. Bring quinoa and water to the boil in a saucepan over medium heat. Reduce heat to low. Cover. Simmer for 12-15 minutes or until water is absorbed and quinoa is al dente. Remove from heat. Cool slightly. **2** Place quinoa, rind, shallot, beans, tomato, coriander, parsley and pepitas in a large bowl. Season. Stir to combine. **3** Stuff capsicums with quinoa mixture. Place on prepared tray. Spray with olive oil. Cover with foil. Bake for 20 minutes. Remove foil and bake for a further 15 minutes or until capsicums are tender and stuffing is golden. **4** Meanwhile, drain cashews. Place cashews, tahini, extra water and 2 tsp lemon juice in a blender and blend until smooth. **5** Drizzle peppers with cashew dressing and serve with baby rocket leaves.

**PER SERVE** • 16g protein • 15g fat (2g saturated fat) • 39g carb • 12g dietary fibre • 381 Cals (1593kJ)



## pork with garlic kale

serves 4 | prep 15 mins | cooking 20 mins

**LC LF GF**

- 2 tbs seedless raisins
- 1 ½ tbs balsamic vinegar, plus extra, to serve
- 100g trimmed kale (about ½ large bunch)
- 1 tbs extra virgin olive oil
- 2 garlic cloves, thinly sliced
- 40g creamy feta, crumbled
- 2 x 250g pork fillets
- 1 fennel bulb, trimmed, thinly sliced
- ½ small red cabbage, trimmed, shredded
- 1 large green apple, cut into thin matchsticks

**1** Preheat oven to 200°C/180°C fan forced. Combine the raisins and 2 tsp balsamic in a bowl. Set aside to develop the flavours. **2** Shred one-third of the kale. Tear remaining kale. Heat half the oil in a non-stick frying pan over medium heat. Add the garlic. Cook, stirring, for 30 seconds. Add shredded kale. Cook, stirring, until just wilted. Transfer to a bowl. Cool. Stir in feta and raisin mixture. **3** Make a cut down centre of the pork fillet, (do not cut all the way through). Open to sit flat. Spread kale mixture down the centre. Fold to enclose, then tie with kitchen string. **4** Heat a non-stick frying pan over high heat. Spray with oil. Cook pork for 1-2 minutes each side or until browned. Transfer to a baking tray. Roast for 10-12 minutes or until just cooked through. Transfer to a plate, reserving any pan juices. Cover loosely with foil. Set aside to rest for 5 minutes. Thickly slice. **5** Place remaining kale in a bowl. Add remaining oil. Massage into kale to soften. Add fennel, cabbage, apple and remaining vinegar. Toss to combine. Top with pork. Drizzle with any pan juices and extra balsamic.

**PER SERVE** • 33g protein • 9g fat (3g saturated fat) • 19g carb • 6g dietary fibre • 288 Cals (1203kJ)



cook it now!

# grab & go



The newest taste team member **Georgia Barnes** transforms seven ingredients into a fresh, easy and delicious midweek dinner.

## spicy calamari with pineapple, blueberry & mint salad

serves 4 | prep 15 mins | cooking 5 mins

Place Sichuan seasoning in a sealable plastic bag. Add squid and seal bag. Shake to coat. Preheat a barbecue or chargrill on high. Add 2 tbs oil. Cook squid, turning, for 30 seconds or until opaque and just cooked through. Transfer to a plate. Season with salt. Place blueberries, lime rind and juice and remaining oil in a bowl. Use a fork to press some of the blueberries against the side of the bowl to release juices. Season with salt. Arrange pineapple on a serving plate. Top with blueberry vinaigrette, squid and mint.



½ fresh pineapple, peeled, thinly sliced

125g blueberries

2 squid tubes, cleaned, scored, cut into triangles

½ cup fresh mint leaves

2-3 tbs Sichuan seasoning, to taste

60ml (¼ cup) rice bran oil

2 limes, rind finely grated, juiced

“This is a speedy midweek meal that I love eating outdoors. Sweet and a little spicy, it’s a dish to welcome summer!”

*Georgia Barnes*




first  
things  
first



...whatever your busy is

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# wait, you mean i can eat that?

Sweet treats are guilt-free with these better-for-you **gluten-free desserts**.

coconut chia  
pudding with  
granita  
see page 66

*just  
168  
cals*



cook it now!

strawberry  
frangipane  
tart

see page 66

gluten  
free

RECIPES & STYLING: KATRINA WOODMAN PHOTOGRAPHY: AL RICHARDSON FOOD PREPARATION: CYNTHIA BLACK

#cookedwithtaste

November 2015 **taste** magazine

63





easy  
gluten  
free

## cacao kapow bars

makes 8 bars | prep 15 mins (+ 4 hours setting time) | cooking 10 mins **E GF**

55g (¼ cup) raw buckwheat  
55g (¼ cup) white quinoa  
80g (½ cup) pepitas  
30g (½ cup) coconut chips  
75g (½ cup) dried cranberries  
55g (⅓ cup) sunflower-seed kernels  
1 tbs black chia seeds  
125g (⅓ cup) rice malt syrup  
60g (¼ cup) solidified coconut oil  
2 tbs hulled tahini  
30g (¼ cup) raw cacao powder,  
plus extra, to serve

**1** Grease the base and sides of an 8.5 x 21cm (base measurement) straight-sided loaf pan and line with baking paper, allowing the edges to overhang.  
**2** Heat a large heavy-based saucepan over medium-high heat. Add the buckwheat. Cook, stirring constantly, for 1 minute. Add the quinoa. Cook, stirring constantly, for 1-2 minutes or until toasted and aromatic. Transfer to a bowl. Set aside to cool.  
**3** Add the pepitas, coconut chips, cranberries, sunflower seeds and chia seeds to the quinoa mixture. Stir to combine.

**4** Cook the syrup, oil and tahini in a heatproof bowl over a saucepan of just simmering water (don't let bowl touch the water), stirring until smooth. Add the cacao. Cook, stirring, until mixture thickens and comes together. Add to the quinoa mixture. Stir until well combined. Spoon into prepared pan. Smooth the surface, pressing firmly. Place in the fridge for 4 hours or until firm. Cut into 8 bars. Dust with extra cacao. Store in an airtight container in the fridge for up to 2 weeks.

**PER SERVE** • 8g protein • 22g fat (10g saturated fat) • 32g carb • 5g dietary fibre • 357 Cals (1491kJ)



cook it now!

"These easy choc bars are packed with nutritious grains, seeds and raw cacao - they're the perfect afternoon bar to see you through to dinner without a slump!"

*Katrina Woodman*



cook it now!



dairy  
free  
slice

## strawberry frangipane tart

serves 12 | prep 30 mins (+ 30 mins chilling time) | cooking 1 hour 10 mins **GF**

150g almond meal  
65g arrowroot (tapioca flour)  
60g coconut flour  
Pinch of salt  
50g solidified coconut oil  
100g (¼ cup) rice malt syrup  
1 egg  
Extra rice malt syrup,  
warmed, to serve

### frangipane filling

75g (⅓ cup) solidified coconut oil  
100g (¼ cup) rice malt syrup  
50g (¼ cup) coconut sugar  
1 tsp vanilla bean paste  
2 eggs  
2 tbs coconut flour  
150g almond meal  
250g strawberries, hulled, halved

**1** Preheat oven to 160°C/140°C fan forced. Grease a 2.5cm-deep, 24cm (base measurement) fluted tart tin with removable base with oil.

**2** Process the almond meal, arrowroot, coconut flour and salt in a food processor until combined. Add oil and process until mixture resembles fine breadcrumbs. Add syrup and egg. Process until the mixture comes together. Press mixture into base and sides of the prepared tin. Place in the fridge for 30 minutes or until firm.

**3** Line pastry with baking paper and fill with pastry weights or rice. Bake for 12 minutes. Remove pastry weights or rice and paper. Bake for a further 5 minutes or until just firm. Set aside to cool completely in tin.

**4** For the filling, use electric beaters to beat oil, syrup, sugar and vanilla in a bowl until pale and creamy. Add 1 egg and 1 tbs flour. Beat until combined. Repeat with remaining egg and flour until well combined. Stir in almond meal. Spoon into tin. Smooth surface. Top with strawberry. Bake for 45 minutes, covering with foil if overbrowning, or until golden. Cool on a wire rack for 10 minutes. Brush with extra syrup.

**PER SERVE** • 8g protein • 26g fat (11g saturated fat)

• 30g carb • 3g dietary fibre • 383 Cals (1600kJ)

## coconut chia pudding with granita

serves 6 | prep 20 mins (+ 4 hours soaking & freezing time) **LC GF**

270ml can light  
coconut milk  
100g (¼ cup) rice malt syrup  
60ml (¼ cup) water  
40g (¼ cup) black  
chia seeds

### watermelon granita

1.3kg piece seedless watermelon,  
peeled, chopped  
1 tbs rice malt syrup  
1 tbs water  
1 lime, rind finely grated, juiced

**1** Whisk the coconut milk, syrup and water together in a bowl. Stir in the chia seeds. Cover with plastic wrap and place in the fridge for 4 hours or overnight to soak.

**2** Meanwhile, for the granita, process the watermelon until smooth. Push watermelon through a fine sieve set over a bowl. Discard solids. Place the syrup and water in a heatproof bowl. Microwave on High for 30 seconds or until smooth. Stir syrup mixture and lime juice into the watermelon juice. Pour into a 16 x 26cm slice pan. Freeze for 1 hour or until icy around the edges. Use a fork to roughly break up the mixture. Place in the freezer for 2 hours, using a fork to scrape the mixture into coarse crystals every 30 minutes, or until firm.

**3** Divide chia pudding among small serving glasses. Top with the granita and sprinkle with lime rind.

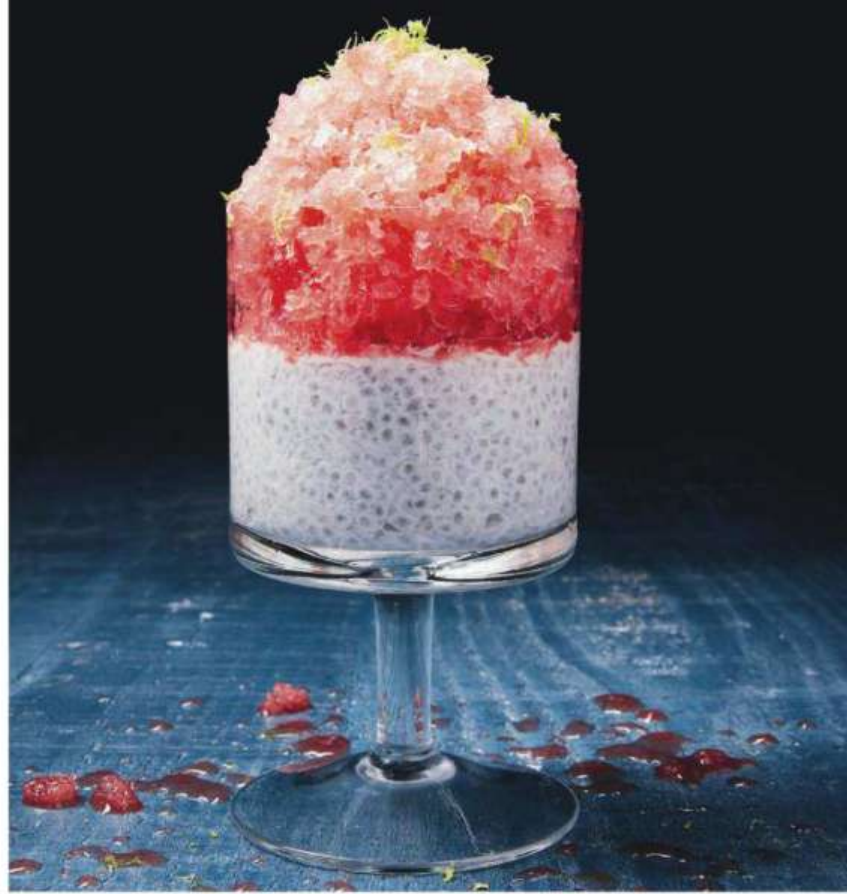
**PER SERVE** • 2g protein • 6g fat (3g saturated fat)

• 26g carb • 3g dietary fibre • 168 Cals (706kJ)

### tips!

✿ You can make the granita up to 5 days in advance – finish the granita to the end of Step 2, then cover with plastic wrap and place in the freezer. Use a fork to break up the crystals before serving.

✿ Replace the watermelon with rockmelon for a flavour twist.





# weekend

Kick off the weekend with these easy **entertaining ideas**.

*Stuff waffles with bacon and eggs for a luxurious breakfast!*



## WAFFLE burgers

Here's a food trend we're seriously loving – jump on board the waffle bandwagon with this awesome brekkie twist! Preheat grill on high. Cut 4 Toscano Belgian Waffles (from the bakery aisle) in half horizontally. Grill for 1 minute each side or until lightly toasted and crisp. Place a slice of cheese on the cut sides of half of the waffles. Grill until just melted. Top with baby cos lettuce leaves, sliced tomato, crispy bacon, another slice of cheese and a fried egg. Dollop with Birch & Waite Herb Mayonnaise. Season, then sandwich with the remaining waffles.





# Curtis Stone's *Get ahead* Christmas *menu*

Guest Editor Curtis Stone shares his **recipes and secrets** for creating a delicious festive feast to remember.

## *menu*

### *Starters*

Berry sangria with passionfruit ice  
Chorizo & manchego gougères  
Yoghurt dip with chilli oil  
Seeded crackers

### *Main*

Roast pork belly with thyme salt  
& blackberry vinaigrette

### *Dessert*

Mango pineapple tart



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Chrissie ever!

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Find all the recipe  
ingredients at Coles.

"I love the festive season, but I'm always looking for ways to reduce stress! Take a load off with my get-ahead menu - it's great for a relaxed Christmas, or any summer gathering!" *Curtis Stone*





## berry sangria & passionfruit ice

serves 8 | prep 5 mins (+ 10 hours freezing & 2 hours chilling time) **E**

2 x 750ml btl Wahu  
Marlborough  
Sauvignon Blanc  
100g (½ cup) caster sugar  
250g strawberries, washed,  
hulled, halved  
125g fresh blueberries  
125g fresh raspberries

**passionfruit ice**  
185ml (¾ cup) strained  
passionfruit juice (see tip, below)  
185ml (¾ cup) water  
1½ tbs caster sugar  
• To shop for these ingredients  
online using Coles recipe-to-cart,  
visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)

- 1 For the passionfruit ice cubes, whisk the passionfruit juice, water and sugar in a jug until the sugar has dissolved. Pour into 16 holes of an ice cube tray. Place in the freezer for 10 hours or until frozen.
- 2 Whisk the wine and sugar in a large jug until the sugar has dissolved. Add the strawberries, blueberries and raspberries. Cover and place in the fridge for 2 hours or up to 8 hours to chill.
- 3 Place 2 passionfruit ice cubes into each serving glass and pour over the sangria. Serve immediately.

## make-ahead steps

### 1 week ahead

✧ Make the passionfruit ice cubes and freeze until required.

### 8 hours ahead

✧ Make the sangria up to the end of Step 2 and store, covered, in the fridge until required.

### tip!

✧ To extract passionfruit juice, spoon the pulp into a food processor and pulse to loosen seeds, then press through a sieve set over a bowl – add 1 tbs of the seeds if you like, or discard.

“This festive cocktail is the perfect thing to serve on a summer day. Try adding the passionfruit seeds back into the strained juice before freezing for a lovely texture.” *Curtis Stone*

*super  
easy*



cheesy  
french  
bites

## chorizo &amp; manchego gougères

serves 8 (makes about 60) | prep 30 mins | cooking 30 mins

- 1/2 tsp smoked paprika
- 1/2 tsp sea salt flakes
- 125ml (1/2 cup) water
- 60g unsalted butter
- 1/2 tsp cooking salt
- 1/2 tsp freshly ground black pepper
- 100g (2/3 cup) plain flour, sifted
- 3 eggs, at room temperature
- 80g (1/2 cup) finely chopped chorizo
- 50g (1/2 cup) finely grated Manchego or shredded parmesan

• To shop for these ingredients online using Coles recipe-to-cart, visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)

**1** Place 2 oven racks in top third and centre of the oven. Preheat the oven to 200°C/180°C fan forced. Line 2 large baking trays with baking paper.

**2** Combine the paprika and salt flakes in a small bowl. Set aside.

**3** Bring the water, butter, salt and pepper to the boil in a saucepan over medium-high heat. Add the flour. Stir with a wooden spoon until the mixture forms a ball. Reduce heat to medium-low. Cook, stirring, for 1-2 minutes to cook out the flour.

**4** Transfer the dough to a bowl. Use electric beaters to beat on medium speed for 3 minutes or until room temperature. Add eggs, 1 at a time, beating well after each addition, until thick and glossy. Stir in the chorizo and cheese.

**5** Transfer the dough to a piping bag. Pipe 2.5cm discs, about 3cm apart, onto the prepared trays. Lightly sprinkle with the paprika mixture. Bake for 20-25 minutes or until puffed and golden. Serve warm.

## make-ahead steps

## 1 week ahead

✦ Freeze unbaked gougères on a tray. Once frozen, freeze in an airtight container. Bring to room temperature before baking.

## to serve

✦ Bake the gougères 2 hours ahead, then reheat at 175°C/155°C fan forced for 4 minutes just before serving.



## yoghurt dip with chilli oil

serves 8 | prep 15 mins (+ overnight draining time) | cooking 25 mins

1kg (about 4 cups) natural Greek yoghurt

1 lemon, rind zested, juiced

2 ½ tsp sea salt flakes

185ml (¾ cup) canola oil

130g long fresh red chillies, cut into

3mm-thick slices

1 tbs chopped fresh chives

• *To shop for these ingredients*

*online using Coles recipe-to-cart,*

*visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)*

**1** Combine yoghurt, 1 tbs lemon juice and 1 ½ tsp salt in a bowl. Place a fine sieve over a bowl. Line sieve with 2 layers of muslin. Place yoghurt mixture in the centre of muslin. Enclose and twist to secure. Use a small plate and a large can to weigh down the yoghurt. Place in the fridge overnight to drain. Taste, then season with salt and more lemon juice, if desired.

**2** Meanwhile, place the oil, 1 cup of the chillies and the remaining salt in a saucepan over medium heat. Simmer, stirring often, for 10 minutes or until the chilli is starting to turn dark. Set aside for 10 minutes to cool.

**3** Transfer the chilli mixture to a blender and blend on high speed for 1 minute. Strain the oil through a fine sieve into a tall jar. Set aside for 2 hours or until any remaining chilli solids have settled to the bottom of the jar. Pour the oil into a bowl, discarding the solids. Stir in the lemon rind and the remaining chilli.

**4** Place the yoghurt dip in a serving bowl. Make an indentation in the middle. Spoon in a little of the chilli oil. Sprinkle with chives and serve with the Seeded Crackers (see recipe, below). Drizzle more chilli oil over the yoghurt, as desired.

## make-ahead steps

### 1 week ahead

✱ Make the chilli oil, omitting the sliced chilli and lemon rind at the end. Store, covered, at room temperature.

### 3 days ahead

✱ Make the yoghurt dip and store, covered, in the fridge.

### to serve

✱ Add the lemon rind and remaining chilli to the oil. Proceed with Step 4 and serve.

## seeded crackers

serves 8 | prep 15 mins | cooking 20 mins

2 tsp linseeds (flaxseeds)

2 tsp poppy seeds

2 tsp white sesame seeds

2 tsp black sesame seeds (optional)

1 ½ tsp sea salt flakes

265g (1 ¾ cups) plain flour

½ tsp baking powder

125ml (½ cup) water

80ml (⅓ cup) olive oil

• *To shop for these ingredients*

*online using Coles recipe-to-cart,*

*visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)*

**1** Preheat the oven to 190°C /170°C fan forced. Combine the linseeds, poppy seeds, sesame seeds and 1 tsp of the salt in a small bowl. Set aside.

**2** Place the flour, baking powder and remaining salt in a food processor and

pulse to combine. Add the water and 60ml (¼ cup) of the oil and pulse until a crumbly dough forms. Divide the dough into 3 portions.

**3** Roll out each portion of dough over the back of a baking tray to 1mm thick. Use a fork to prick the dough all over. Rub the remaining oil over the dough, then sprinkle over the seed mixture. Roll the rolling pin over the top of the crackers to press the seeds into the dough. Bake for 20 minutes or until the crackers are pale golden. Set aside to cool completely on the trays. Break into large pieces.

## make-ahead step

### 1 day ahead

✱ Make the crackers and store in an airtight container at room temperature.

“These gourmet seeded crackers and yoghurt dip are great for a crowd and really easy to prepare ahead of time, so you can relax on the day!”

*Curtis Stone*



*easy  
dippers*

yoghurt dip  
with chilli oil  
see opposite page

seeded  
crackers

see opposite page





tender  
slow  
cook



"Sweet, tart blackberries and the sharp tang of vinegar cut through the rich flavour of the pork - served with a fresh summer salad, it's so impressive for entertaining!"

*Curtis Stone*

## roast pork belly with thyme salt & blackberry vinaigrette

serves 10 | prep 10 mins (+ overnight drying & 15 mins resting time) | cooking 2 hours 5 mins

2kg piece (or 2 x 1kg pieces) pork belly  
1 tbs fresh thyme leaves, finely chopped  
1 tbs sea salt flakes  
2 ½ tsp freshly ground black pepper  
315g (1 ½ cups) caster sugar  
185ml (¾ cup) Italian red wine vinegar  
125ml (½ cup) water  
700g fresh blackberries  
3 zucchini, cut into 1cm-thick diagonal slices  
3 red onions, cut into wedges  
250g green beans, trimmed  
1 ½ tbs extra virgin olive oil,  
plus extra, to drizzle  
1 bunch watercress, leaves  
picked, washed, dried  
• To shop for these ingredients  
online using Coles recipe-to-cart,  
visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)

**1** Use a sharp knife to score the pork rind (against the grain) at 1cm intervals, taking care not to cut through the flesh. Place pork on a wire rack over a large roasting dish.

Place in the fridge, uncovered, for 12 hours or overnight, to dry. Remove from the fridge 1 hour before roasting.

**2** Place an oven rack in the middle of oven. Preheat oven to 250°C/230°C fan forced. Combine thyme, salt and pepper in a bowl. Reserve 1 tbs thyme mixture. Rub half the remaining thyme mixture into the meat-side of pork to coat. Turn pork over. Return pork to wire rack. Rub remaining thyme mixture into pork rind. Roast for 35-45 minutes or until rind is crisp. Reduce heat to 150°C/130°C fan forced. Roast for 1 hour or until pork is tender. Set aside for 15 minutes to rest.

**3** Meanwhile, combine the sugar, vinegar, water, reserved thyme mixture and half the blackberries in a saucepan over medium-high heat. Bring to the boil, stirring to dissolve sugar. Use a fork to crush blackberries. Cook, stirring often, for 25 minutes or until mixture is thick and syrupy, and is reduced by half. Place remaining blackberries in a heatproof bowl.

Strain vinegar mixture through a fine sieve over the blackberries. Set aside to cool.

**4** Preheat a barbecue grill or chargill on medium-high. Combine the zucchini, onion and beans in a large bowl. Add the oil and toss to coat. Season. Cook vegies, in 3 batches, for 2-3 minutes each side or until charred and tender crisp.

**5** Place watercress in a large serving bowl. Add the vegies. Toss gently to combine. Drizzle with 60ml (¼ cup) blackberry vinaigrette and a little extra oil.

**6** Slice the pork and drizzle with remaining blackberry vinaigrette. Serve with salad.

### make-ahead steps 3 days ahead

✦ Make the vinaigrette following Step 3 and store in an airtight container in the fridge. Reserve the remaining thyme mixture for the pork and store in an airtight container at room temperature. Bring to room temperature before serving.



## mango pineapple tart

serves 8 | **prep** 25 mins (+ 2 hours chilling & 35 mins freezing time) | **cooking** 45 mins

300g (2 cups) plain flour  
125g ( $\frac{3}{4}$  cup) icing sugar mixture  
125g unsalted butter, chilled,  
cut into 1cm pieces  
1 egg, lightly whisked  
 $\frac{1}{2}$  tsp vanilla bean paste  
or pure vanilla extract  
2 mangoes, peeled, cut lengthways  
into 2mm-thick slices  
 $\frac{1}{2}$  ripe pineapple, peeled, halved  
lengthways, cored and cut  
into 2mm-thick slices

### pastry cream

250ml (1 cup) milk  
250ml (1 cup) thickened cream  
100g ( $\frac{1}{2}$  cup) caster sugar  
5 egg yolks  
 $\frac{1}{4}$  tsp sea salt flakes  
2  $\frac{1}{2}$  tbs cornflour  
60g unsalted butter,  
cut into 1cm cubes  
 $1\frac{1}{2}$  tsp vanilla bean paste  
or pure vanilla extract  
**passionfruit syrup**  
60ml ( $\frac{1}{4}$  cup) water  
55g ( $\frac{1}{4}$  cup) caster sugar  
 $1\frac{1}{2}$  tbs passionfruit juice, strained  
• *To shop for these ingredients  
online using Coles recipe-to-cart,  
visit [taste.com.au/curtischristmas](http://taste.com.au/curtischristmas)*

**1** Sift the flour and icing sugar into a large bowl. Use your fingers to work the butter into the flour mixture until it resembles coarse breadcrumbs. Make a well in the centre. Add the egg and vanilla. Stir until the mixture comes together. Shape into a disc. Wrap in plastic wrap. Place in the fridge for 1 hour or until firm.  
**2** Roll out the pastry between 2 sheets of baking paper until about

3mm thick. Trim into a 30cm disc. Transfer to a baking tray. Place in the freezer for 5 minutes or until firm.

**3** Lightly grease a 26cm tart pan with softened butter. Remove the pastry from the baking paper and drape it over the prepared pan. Gently press the pastry into the pan, leaving about a 1cm overhang.

Place the pan on a baking tray and return to the freezer for 30 minutes.

**4** Place an oven rack in the middle of the oven. Preheat the oven to 180°C/160°C fan forced. Line the pastry with baking paper and fill with pastry weights or rice to cover the bottom and side of the crust. Bake for 10 minutes. Remove the paper and weights or rice and use a sharp knife to trim the overhanging pastry. Bake for 15–20 minutes or until golden. Set aside to cool completely.

**5** Meanwhile, for the pastry cream, place the milk, cream, and 4  $\frac{1}{2}$  tbs sugar in a saucepan. Bring to a simmer, stirring occasionally, over medium heat. Use a balloon whisk to whisk the yolks, salt and remaining sugar in a bowl for 30 seconds or until creamy. Whisk in the cornflour for 1 minute or until pale yellow and thick. Gradually whisk in the simmering milk mixture. Return mixture to the clean saucepan. Whisk over medium heat for 1 minute or until a few bubbles burst on the surface and the mixture is thick and glossy. Remove from heat. Whisk in the butter and vanilla. Strain through a fine sieve into a shallow container. Cover the surface with plastic wrap. Place in the fridge for 2 hours or until chilled.

**6** For the passionfruit syrup, bring the water and sugar to a boil in a small saucepan over medium heat. Reduce the heat to medium-low. Simmer for 4 minutes or until the syrup thickens and reduces. Place in the fridge for 20 minutes to cool. Stir in the passionfruit juice. Store in the fridge until required.

**7** Remove the pastry base from the pan. Spread the pastry cream over the bottom of the pastry. Drizzle about 2 tbs passionfruit syrup over the pastry cream. Arrange the mango and pineapple alternately in a tight circular pattern over the pastry cream to cover. Brush the fruit with passionfruit syrup. Serve with extra passionfruit syrup on the side.

## make-ahead steps

### 2 weeks ahead

✿ Make the pastry to the end of Step 1. Wrap in plastic wrap and store in the freezer.

### 3 days ahead

✿ Alternatively, make the pastry up to the end of Step 1, wrap in plastic wrap and store in the fridge.

### 2 days ahead

✿ Make the pastry cream following Step 5 and store in an airtight container in the fridge.

### 1 day ahead

✿ If frozen, defrost pastry overnight in the fridge. Prepare pastry to the end of Step 4. Wrap tightly with plastic wrap. Store at room temperature.

### to serve

✿ 30 minutes before serving, finish the recipe following Steps 6 and 7.



"I've used in-season Aussie mango and pineapple to create the intricate-looking petals of this glorious summer tart. Drizzle with passionfruit syrup to add an easy hit of sweetness and you're all set!" *Curtis Stone*

*clever  
get  
ahead*







"My rich smoky croquettes are perfect for party snacks."

# naughty

It's a **fish croquette** battle royale! Colin Fassnidge's mackerel morsels take on Louise Fulton Keats' healthier tuna bites. Which will you pick?



indulgent

"My moreish little mouthfuls are packed with flavour, and are delicious dunked in a perfectly creamy, bitey sauce."



# & nice

"Serve my lighter oven-baked croquettes with a delicious iron-rich spinach and cashew pesto."

"My sweet potato croquettes are a healthy, smarter choice."



light



Smoked fish makes my croquettes extra rich and delicious.



**m**y deep-fried croquettes are crispy, gooey balls of

goodness and are one of the most popular dishes at my restaurant – we often change up the filling, but they're always a favourite! I love the earthy flavours from the smoked fish and richness from the stock – this is true comfort food. Once they're cooked, don't waste any time – serve them right away!

✱ There's nothing better than dunking these croquettes into my horseradish crème fraîche – just mix 250g crème fraîche with 1 tablespoon each of horseradish sauce and lemon juice, and the finely grated rind of 1 lemon. Use a horseradish sauce with a high percentage of actual horseradish – it will add a big punch of flavour.



## colin's smoked mackerel croquettes

serves 8 (as a starter) | prep 50 mins (+ 15 mins infusing & 4 hours 20 mins chilling time) | cooking 45 mins

**500g firm white fish fillets, cut into 4 pieces**  
**2 tbs sea salt flakes**  
**2 fresh thyme sprigs**  
**2 garlic cloves, crushed**  
**3 lemons, rind finely grated**  
**1 (275g) whole smoked mackerel or kipper, head removed**  
**500ml (2 cups) fish stock**  
**1 tsp fennel seeds, toasted**  
**1 tsp coriander seeds, toasted**  
**580ml (2 ½ cups) milk**  
**150g butter**  
**150g (1 cup) plain flour, plus 100g, extra**  
**1 tbs good-quality horseradish sauce or cream**  
**2 tsp hot English mustard**  
**200g fresh breadcrumbs**  
**6 eggs**  
**Vegetable oil, to deep-fry**  
**Horseradish crème fraîche, to serve (see Colin's tip, left)**

**1** Grease the base and sides of a 20 x 30cm (base measurement) slice pan and line with baking paper. Line a baking tray with baking paper. Place white fish, salt, thyme, garlic and rind from 2 lemons in a bowl and cover with plastic wrap. Place in the fridge for 2 hours or overnight to marinate.  
**2** Remove and reserve skin and bones from smoked fish. Discard blood line. Finely chop flesh. Set aside. Bring stock and reserved bones and skin to the boil over

high heat. Remove from heat. Set aside for 15 minutes to infuse. Strain through a sieve into a bowl. Discard solids.

**3** Bring, fennel, coriander, white fish and 2 cups of the milk to a simmer in a saucepan over medium heat (do not boil). Remove from heat. Stand for 10 minutes or until fish flakes easily when tested with a fork. Flake fish into a bowl. Strain milk mixture into fish stock.

**4** Melt butter in a saucepan over low heat. Add flour. Cook, whisking, for 1 minute. Remove from heat. Slowly add stock mixture, whisking constantly, until smooth. Return to heat. Cook, stirring, for 5-10 minutes or until sauce boils and thickens. Remove from heat. Stir in white fish, smoked fish, horseradish, mustard, remaining rind and juice from 1 lemon. Season. Pour into prepared pan. Place in the fridge for 2 hours or overnight until firm.

**5** Roll fish mixture into 32 balls. Place breadcrumbs and extra flour in separate bowls. Whisk egg and remaining milk in a bowl. Roll balls in flour. Shake off excess. Dip in egg mixture, then in breadcrumbs. Repeat dipping in egg mixture and breadcrumbs to double coat. Place on prepared tray. Place in fridge for 20 minutes or until firm.

**6** Pour enough oil into a saucepan to come halfway up the side. Heat over medium-high heat until oil reaches 160°C on a cook's thermometer. Cook, in batches, for 1-2 minutes or until golden. Drain on a plate lined with paper towel. Serve with horseradish crème fraîche.

**PER SERVE** • 31g protein • 45g fat (22g saturated fat)  
 • 45g carb • 8g dietary fibre • 717 Cals (2997kJ)



My oven-baked croquettes with hidden veg are good for you!



**n**ot only is tuna an excellent high-protein,

low-calorie fish, but it has fewer calories and more protein than other tinned fish, such as salmon. Tinned tuna also tends to have lower mercury levels than fresh because the tuna used are smaller, younger species. Sweet potato gives the croquettes a boost of beta-carotene, which converts to vitamin A in the body and acts as an antioxidant. I've used parmesan in these, as although it has a similar calorie content to cheeses such as cheddar, it packs such a strong flavour punch that you can use far less and still get a seriously tasty result. I also prefer to use olive oil spray and bake the croquettes, as this means that they absorb less fat than their deep-fried cousins – perfect!



*protein  
packed*

## louise's tuna & sweet potato croquettes

serves 6 (as a starter) | prep 30 mins (+ 1 hour chilling time) | cooking 55 mins

**500g sweet potato, peeled, coarsely chopped**  
**2 garlic cloves, peeled**  
**185g can tuna in springwater, drained**  
**20g (¼ cup) finely grated parmesan**  
**1 tbs finely chopped fresh continental parsley leaves**  
**2 tbs wholemeal plain flour**  
**90g dried breadcrumbs (bought or homemade from toasted bread)**  
**1 egg**  
**1 tbs milk**  
**spinach pesto**  
**100g baby spinach leaves**  
**2 tbs pinenuts, toasted**  
**40g roasted unsalted cashews**  
**1 small garlic clove**  
**60ml (¼ cup) olive oil**  
**1 lemon, rind finely grated, juiced**  
**2-3 tsp water**

### secret ingredient

Using **lemon juice** in the pesto means you can use less oil, but still have plenty of flavour.

**1** Line a baking tray with baking paper. Place the sweet potato and garlic in a saucepan. Cover with cold water. Bring to the boil over medium-high heat. Cook for 15 minutes or until tender. Drain well. Return to saucepan. Mash until smooth. Set aside to cool.

**2** Combine the tuna, parmesan, parsley and potato mixture in a large bowl, breaking up any large chunks of tuna. Season well. Shape 2 tablespoonfuls of the mixture into 7cm-long croquettes.

**3** Place the flour and breadcrumbs in separate shallow bowls. Whisk together the egg and milk in a shallow bowl. Roll each croquette in flour and shake off excess. Dip in the egg mixture, then in breadcrumbs to coat. Place on prepared tray. Cover with plastic wrap and place in the fridge for 1 hour to firm.

**4** Meanwhile for the spinach pesto, place the spinach, pinenuts, cashews, garlic, oil, lemon rind and 2 tbs lemon juice in a food processor and process until smooth, adding a little of the water to thin the mixture, if necessary. Season.

**5** Preheat oven to 200°C/180°C fan forced. Spray croquettes with olive oil. Bake for 35-40 minutes or until golden and crisp. Serve with the spinach pesto.

**PER SERVE** • 15g protein • 19g fat (4g saturated fat) • 29g carb • 4g dietary fibre • 358 Cals (1497kJ)

### tips!

If you have leftover cooked fish in the fridge, you can use that instead of canned tuna.

Freeze uncooked croquettes in a lined airtight container for up to 1 month. Defrost overnight in the fridge before baking.

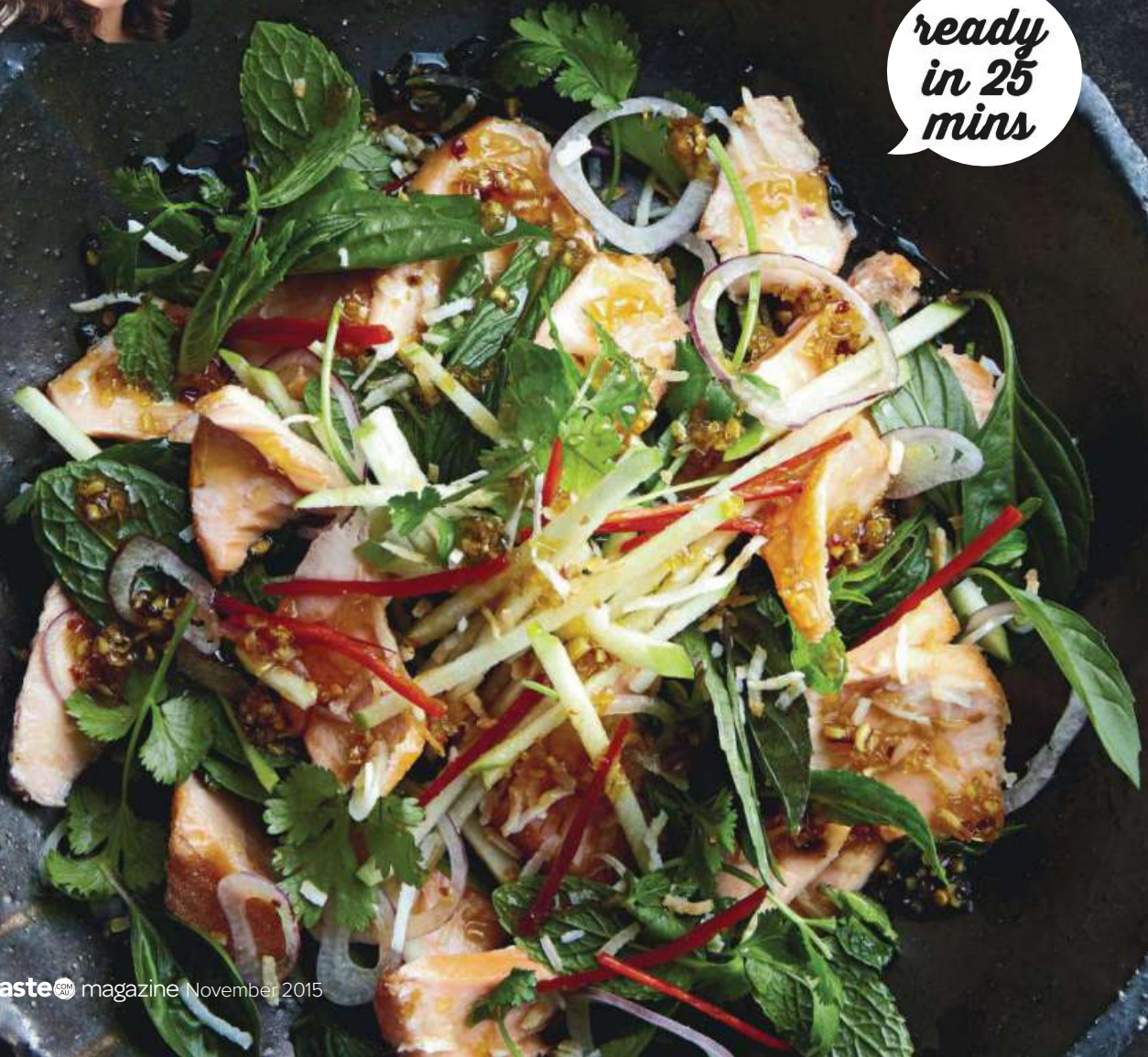


# Marion's EXPRESS

Marion Grasby's quick and **easy salmon salad** is perfect for fuss-free entertaining.



*ready  
in 25  
mins*





"This luscious Asian salad is a riot of flavours, colours and textures. It's got everything a good salad could wish for - crispy salmon, crunchy coconut and sweet, sour, spicy flavours that really pack a punch." *Marion Grasby*

## crispy salmon & chilli caramel salad

serves 8 (as a starter) | prep 15 mins | cooking 10 mins

35g (1/2 cup) shredded coconut

4 (about 200g each) skinless salmon fillets

Sea salt flakes, to season

45g (1/4 cup) rice flour

Vegetable oil, to shallow-fry

2 Granny Smith apples, cored,  
cut into matchsticks

1 cup loosely packed fresh mint leaves

1 cup loosely packed fresh Thai basil leaves

1/2 cup loosely packed coarsely  
chopped fresh coriander

1 red shallot, peeled, thinly sliced

1 long fresh red chilli, deseeded, thinly sliced

### chilli caramel

100g palm sugar, shaved or grated

1 tbs water

2 tsp fish sauce

1 lemongrass stalk, white part only,  
finely chopped

1/4 tsp chilli flakes, or to taste

1 tbs lime juice

**1** For the chilli caramel, place the sugar, water, fish sauce, lemongrass and chilli in a small saucepan over medium-high heat. Cook, stirring, for 2 minutes or until the sugar dissolves. Set aside to cool. Stir through the lime juice. Set aside.

**2** Toast the coconut in a frying pan over medium heat, stirring often, for 2-3 minutes or until golden brown. Set aside to cool.

**3** Slice each salmon fillet in half lengthways to make 8 long pieces. Season each piece generously with salt. Place the flour on a plate. Roll the fish in the flour to lightly coat, shaking off any excess.

**4** Add enough oil to a large deep-sided frying pan to reach a depth of 5mm. Heat over medium-high heat until hot. Add the fish and cook, turning occasionally, for 2-3 minutes or until golden brown and the flesh flakes easily when tested with a fork. Drain on paper towel. Set aside to cool slightly. Break into large pieces.

**5** Combine the salmon, coconut, apple, mint, basil, coriander, shallot, chilli and 60ml (1/4 cup) of the chilli caramel in a bowl. Gently toss until just combined. Divide the salad among 8 serving plates and drizzle with a little extra chilli caramel.

### marion's tips!

✿ To serve this dish as a main course, keep the salmon fillets whole and serve them with the salad on the side.

✿ Store leftover chilli caramel in the fridge for up to 2 weeks. Use as a dressing or dipping sauce.

✿ Store the apple in water with lemon juice to prevent browning.



A man with a beard and mustache, wearing a dark blue plaid shirt, is sitting on a light green wooden chair. He is leaning forward with his arms resting on the chair's back. To his left is a large green bowl containing a plant with red chili peppers and some bread. The background is a dark blue wall with a large white number '5' on the left and a large white number '4' in the center.

“My mother’s favourite dessert crepe, this is a perfect example of how something simple can be great.” *Manu Feildel*

# *Manu's* TABLE

Drizzle simple lemon syrup over Manu Feildel's meltingly **delicate crepes** for a fuss-free dessert.



*La Cugine  
est ma passion!*  
*Manu*  
*2x*

Manu's crepes  
with lemon  
sauce see page 86

*only  
15 mins  
prep*





**quick  
zesty  
sauce**

## Manu's crepes with lemon sauce

serves 4 | prep 15 mins (+ 2 hours resting time) | cooking 15 mins

2 eggs  
3 tsp caster sugar  
200ml milk  
½ vanilla bean, halved lengthways,  
seeds scraped  
Pinch of salt  
125g plain flour  
2 tsp dark rum  
40g unsalted butter, melted, cooled  
**lemon sauce**  
120g caster sugar  
80ml (⅓ cup) water  
1 lemon, rind finely zested, juiced

**1** Place the eggs, sugar, milk, vanilla seeds and salt in a large bowl. Whisk to combine.

Slowly add the flour, whisking constantly, until a smooth batter forms. Whisk in the rum and 25g of the melted butter. Cover with plastic wrap. Set aside, at room temperature, for 2 hours to rest.

**2** For the lemon sauce, place the sugar and 60ml (¼ cup) of the water in a small saucepan over medium-high heat. Cook, swirling the pan occasionally, until golden brown. Remove from the heat and add the lemon juice and remaining water. Return to low heat and cook, stirring with a wooden spoon, until lumps have dissolved. Add the lemon zest. Cover to keep warm.

**3** Heat a 20cm (base measurement) non-stick frying pan over medium heat.

“These are also fantastic with an orange sauce - just replace the lemons with 2 tbs of orange juice, ½ tbs of lemon juice and the zest of 1 orange.”

*Manu Feildel*

### manu's tips

✿ 50ml of the batter is slightly under ¼ cup. If you plan to make crepes often, invest in a 60ml ladle.

✿ To make ahead and freeze, layer the cooked crepes with freezer paper and place in a large sealable plastic bag. Freeze for up to 2 months. Defrost in the fridge or microwave.

✿ You will need 2 ½ tbs of the lemon juice for the lemon sauce.

Brush ½ tsp melted butter onto the base of the pan. Add 50ml batter, swirling to coat the base completely. Cook for 1 minute or until you see the edge of the crepe beginning to crisp. Use a spatula to loosen the crepe from the side to check if golden underneath. Turn and cook for a further 10-15 seconds. Transfer to a plate. Cover to keep warm. Repeat with remaining butter and crepe batter, stacking the crepes as you go, to make 8 crepes. Serve with the lemon sauce.



*French For Everyone* by Manu Feildel (Penguin Lantern, \$49.99) has classic French recipes that anyone can cook.



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# make ahead SUNDAY

Make the most of your weekend with these smart **get-ahead meals** – cook them on Sunday, ready to throw together for dinner on a busy weeknight.

## poached chicken with watermelon, walnut & feta tabouli

serves 4 | **prep** 45 mins (+ 2 hours standing time) | **cooking** 45 mins

1L (4 cups) chicken stock  
250ml (1 cup) water  
1.5kg whole chicken, rinsed, patted dry  
170g (1 cup) burghul (cracked wheat)  
100g (1 cup) walnuts, toasted  
700g seedless watermelon, rind removed, cut into wedges  
1 red onion, finely chopped  
½ cup chopped fresh mint  
½ cup chopped fresh continental parsley  
⅓ cup chopped fresh basil  
100g Persian feta, drained, crumbled  
Fresh mint, basil and continental parsley leaves, extra, to serve

### dressing

2 limes, rind finely grated  
80ml (⅓ cup) lime juice  
125ml (½ cup) extra virgin olive oil  
2 tsp honey

**1** Place the stock and water in a saucepan that snugly fits the chicken. Bring to the boil over medium-high heat. Add the chicken, breast-side down, and return to the boil.

Reduce heat to low. Simmer for 30 minutes. Remove from heat. Cover. Set aside for 2 hours to continue cooking. Transfer chicken to a plate. Discard skin and bones. Coarsely shred the meat. Transfer the stock to an airtight container. Freeze for another use.

**2** Cook the burghul in a large saucepan of boiling water for 15 minutes or until just tender. Drain and rinse under cold water. Drain well. Spread over a clean tea towel to dry.

**3** For the dressing, combine all ingredients in a small bowl. Season to taste.

**4** Finely chop two-thirds of the walnuts. Combine the burghul, chopped walnuts, watermelon, onion, mint, parsley, basil and one-third of the dressing in a bowl. Season. Toss gently to combine. Toss the chicken in half the remaining dressing. Season.

**5** Spread burghul mixture on a large platter. Top with the chicken, feta and remaining walnuts. Sprinkle with the extra herbs and drizzle with the remaining dressing.

**PER SERVE** • 50g protein • 57 fat (10g saturated fat) • 39g carb • 9g dietary fibre • 883 Cals (3692kJ)

*make up  
to 2 days  
ahead*

### 2 days ahead

Cook the chicken up to the end of Step 1. Place the shredded chicken in an airtight container and store covered in the fridge. Cook the burghul and store in a separate airtight container in the fridge. Make the dressing and store in an airtight container in the fridge.

### on the night

Bring the chicken, burghul and dressing to room temperature. Proceed with Steps 4 and 5 of the recipe.

*Toss poached chicken through nutty burghul with chunks of sweet watermelon on Monday or Tuesday.*



weekend

*hearty  
spring  
salad*

Poach the chicken, cook the burghul and make the dressing two days ahead, ready to serve on the night.

For step-by-step Cook Modes, see our iPad app

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*freeze  
ahead*





Make the fennel braise one month ahead and freeze, then add the seafood and finish with the croutons on the night!

*make up  
to 1 month  
ahead!*

## seafood, fennel & saffron braise with chunky fennel seed croutons

serves 4 | prep 25 mins | cooking 40 mins

250g (about ½ loaf) day-old ciabatta bread, crusts removed, coarsely torn into 3-4cm pieces  
60ml (¼ cup) olive oil  
1 tbs fennel seeds, lightly crushed  
Large pinch of saffron  
1 tbs boiling water  
1 large leek, halved, thinly sliced  
4 garlic cloves, sliced  
1 long fresh red chilli, finely chopped  
1 fennel bulb, fronds reserved, cut into wedges  
80ml (⅓ cup) dry white wine  
500ml (2 cups) chicken or fish stock  
400g ripe grape tomato medley  
500g firm white fish fillets, skinned, cut into 4-5cm pieces  
20 (about 700g) medium green king prawns, peeled, tails intact, deveined

**1** Preheat the oven to 200°C/180°C fan forced. Combine the ciabatta, 1 tbs of the oil and half the fennel seeds in a large bowl. Season. Toss gently to combine. Spread onto

a large baking tray and bake for 15 minutes or until golden and crisp. Cool.

**2** Combine the saffron and boiling water in a small heatproof bowl.

**3** Heat the remaining oil in a large wide saucepan over medium heat. Cook the leek, stirring, for 7 minutes or until soft. Add the garlic, chilli, fennel wedges and remaining fennel seeds. Cook, stirring, for 2 minutes. Add the wine. Simmer for 1 minute or until almost evaporated. Add the saffron mixture and stock. Season. Cook, covered, over medium-low heat for 5 minutes or until fennel is almost tender. Add the tomatoes and simmer for 3-5 minutes or until tender but still whole.

**4** Season the fish and prawns and add to the pan. Simmer, covered, for 5 minutes or until the seafood is just cooked through. Use a fork to smash half the tomatoes. Season.

**5** Sprinkle with the reserved fennel fronds and serve with the croutons.

**PER SERVE** • 51g protein • 17g fat (3g saturated fat)  
• 30g carb • 5g dietary fibre • 503 Cals (2102kJ)

### 1 month ahead

Prepare the braise following Steps 2 and 3. Place in an airtight container in the freezer.

### 2 days ahead


Make the croutons following Step 1 and store in an airtight container at room temperature. Prepare the braise following Steps 2 and 3. Place in an airtight container in the fridge.

### on the night

If cooking from frozen, defrost overnight in the fridge. Spoon fennel mixture into a wide saucepan. Bring to the boil over medium-low heat and proceed with Steps 4 and 5.

*This tasty make-ahead braise is packed full of aromatic saffron, garlic and white wine. Make 1 month or 2 days ahead, then finish with the seafood and crunchy fennel seed croutons.*





Make this hearty feast  
two days ahead, then it  
just needs 20 minutes in  
the oven on the night!

## semolina gnocchi with italian sausage, truss tomatoes & olives

serves 4 | **prep** 25 mins (+2 hours setting time) | **cooking** 55 mins

1 bunch fresh oregano  
660ml (2  $\frac{2}{3}$  cups) milk  
185g (1 cup) semolina  
2 eggs, lightly whisked  
 $\frac{1}{2}$  tsp freshly grated nutmeg  
70g (1 cup) finely grated pecorino  
20g butter, melted  
1 tbs olive oil  
8 (600g) good-quality Italian sausages  
2 red onions, peeled, cut into 6 rounds  
4 baby eggplant, halved lengthways  
500g jar good-quality tomato pasta sauce  
65g ( $\frac{1}{3}$  cup) black olives  
2 sprigs fresh bay leaves  
2 x 275g pkts baby roma truss tomatoes

**1** Chop 2 tbs oregano leaves. Reserve remaining oregano. Grease a round 22cm (base measurement) springform pan. Line base and side with baking paper. Heat milk in a saucepan over medium heat until just simmering. Stirring constantly, slowly add semolina in a thin steady stream. Cook, stirring, for 2-3 minutes or until thick. Working quickly, remove from heat, then add egg, nutmeg, half the pecorino and 1 tbs chopped oregano. Season. Beat well

to combine. Spread mixture into prepared tin. Smooth the surface with a wet spatula. Cover. Place in the fridge for 2 hours or until set.

**2** Line a baking tray with baking paper. Cut semolina into 12 wedges. Place semolina pieces on tray. Brush with butter. Sprinkle with remaining pecorino and half the oregano sprigs.

**3** Preheat oven to 200°C/180°C fan forced. Heat oil in a large flameproof ovenproof dish over medium heat. Cook sausages, turning, for 3 minutes or until browned but not cooked through. Transfer to a plate. Add onion and eggplant to dish. Cook, turning, for 2-3 minutes or until golden. Transfer to a plate. Remove pan from heat. Add pasta sauce to pan. Stir in remaining chopped oregano. Add sausages, onion, eggplant and olives. Sprinkle with bay leaves and remaining oregano sprigs. Bake for 20 minutes. Top with tomatoes. Spray with oil. Season. Place gnocchi on top shelf of oven. Bake gnocchi and sausage mixture for a further 20 minutes or until sausages and vegies are cooked, tomatoes are just collapsing and gnocchi is golden. Arrange on a platter to serve.

**PER SERVE** • 42g protein • 59g fat (24g saturated fat)  
• 60g carb • 6g dietary fibre • 952 cals (3981kJ)

*make up  
to 2 days  
ahead*

### 2 days ahead

Prepare the recipe following Steps 1-3. Cool completely. Cover the sausage mixture in the dish tightly with plastic wrap and place in the fridge. Transfer the polenta to an airtight container and place in the fridge.

### on the night

Preheat oven to 150°C/130°C fan forced. Remove plastic wrap from the sausage mixture and replace with foil. Transfer the gnocchi to a large baking tray and cover with foil. Bake for 20 minutes or until hot. Alternatively, reheat in the microwave.

With classic Italian flavours, this comfort-food winner ticks all the boxes. Prepare it on Sunday, ready for Monday or Tuesday.



*saucy  
tray  
bake*



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# Make ahead Christmas!

It's time to make these show-stopping **festive desserts**, ready for the big day!

white christmas  
angel cake  
with rose &  
prosecco syrup  
see page 104





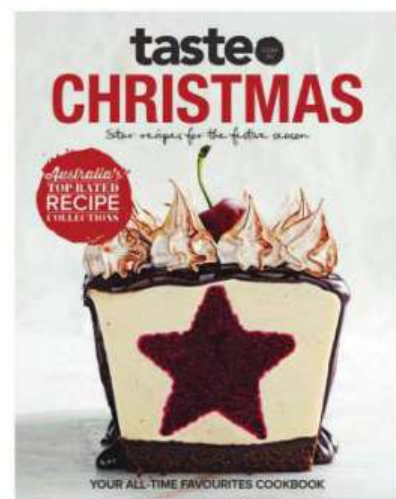
“Half the fun of Christmas for me is the planning and decorating, but you don't need the fuss that goes with it. That's why I love make-ahead recipes I can have up my sleeve, ready to roll!”

These desserts will have you prepped and ready to impress – they can all be made at least one month ahead, so start right now! Make the Steamed Fig, Whisky & Earl Grey Pudding (page 98) up to two months in advance – it just gets better with age! Or, make the White Christmas Angel Cake (page 104) one month ahead, then layer it with the luscious mascarpone cream two days before serving. You can freeze the dough for the Cherry & Chocolate Babka (page 100), ready to bake, or make the Apricot Ice-cream Pudding (page 102), then decorate it on the day. Happy cooking!

*Michelle Southan*  
Food Director

## OUT NOW! brand new Christmas cookbook

These gorgeous make-ahead desserts are part of the incredible festive recipe collection that you'll find in the latest release from taste.com.au's All-time Favourites Cookbook series, *Christmas*. It's packed with mouth-watering mains, starters, sides and more, featuring traditional touches and modern twists, plus tips and tricks to help you get ahead and save time. Find it at supermarkets and newsagencies for \$9.99.





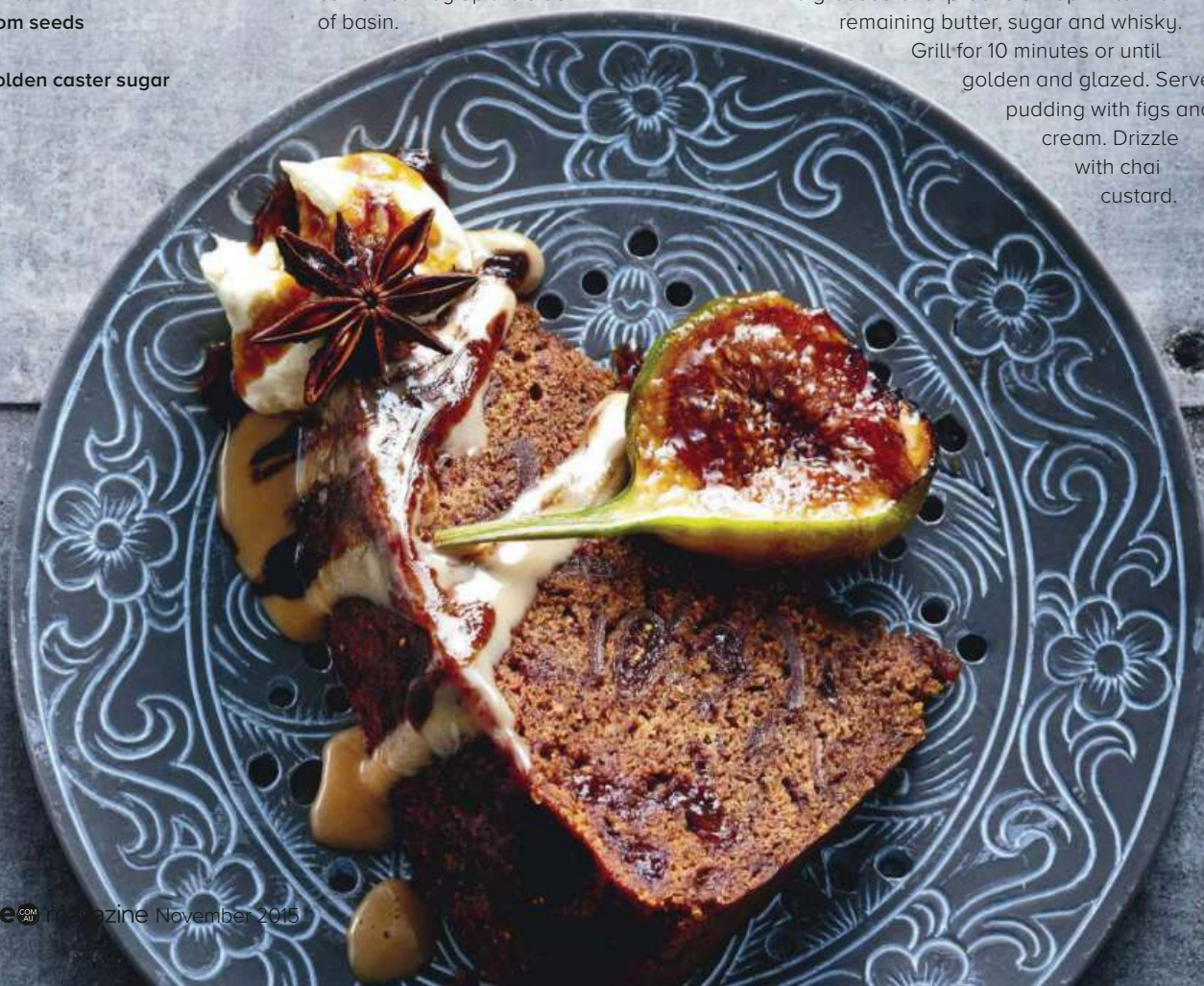
# steamed fig, whisky & earl grey pudding with chai custard

serves 10 | prep 40 mins (+ macerating, cooling & resting time) | cooking 2 hours 40 mins

20g (¼ cup) Earl Grey tea leaves  
500ml (2 cups) boiling water  
375g dried figs, trimmed, chopped  
250g pitted dried dates, chopped  
125g raisins, chopped  
255g (1 ¼ cups firmly packed)  
dark brown sugar  
165g butter, chopped  
1 tsp bicarbonate of soda  
150g (1 cup) plain flour  
150g (1 cup) self-raising flour  
1 tsp ground cardamom  
2 tsp ground cinnamon  
2 eggs  
160ml (⅔ cup) Fireball  
Cinnamon Whisky  
5 fresh figs, halved  
Double cream, to serve  
**chai custard**  
500ml (2 cups) pouring cream  
375ml (1 ½ cups) milk  
2 cinnamon sticks  
2 whole star anise  
½ tsp cardamom seeds  
12 egg yolks  
220g (1 cup) golden caster sugar

**1** Grease a 2L (8 cup) pudding basin with lid with melted butter. Combine tea and water in a jug. Stand for 10 minutes. Strain. Discard leaves. Combine strained tea and figs in a bowl. Set aside for 30 minutes to macerate.  
**2** Drain figs, reserving the tea. Set aside 125ml (½ cup) tea. Add enough water to remaining tea to make 250ml (1 cup). Combine tea mixture, soaked figs, dates, raisins, 1 cup sugar and 125g butter in a saucepan. Bring to the boil over medium heat, stirring occasionally to dissolve the sugar. Reduce heat to low and simmer for 8 minutes. Stir in the bicarb. Transfer to a large bowl to cool.  
**3** Sift the flours and spices into a bowl. Add eggs and 80ml (⅓ cup) whisky to the fruit mixture. Stir well. Gently fold in flour mixture until just combined. Spoon into the prepared basin. Place a disc of baking paper over the surface. Secure with lid.  
**4** Place basin in a saucepan on an upturned heatproof saucer. Pour in boiling water to come halfway up the side of basin.

Cover. Cook over low heat, adding more water when necessary, for 2 hours 30 minutes or until a skewer inserted into the centre comes out clean. Set aside for 10 minutes. Turn out onto a platter. Drizzle with half the remaining whisky.  
**5** Meanwhile, for the custard, combine the cream, milk and spices in a saucepan over medium heat. Bring to a simmer. Remove from heat. Cover. Set aside for 30 minutes to develop the flavours. Use a balloon whisk to whisk yolks and sugar in a bowl until creamy. Slowly pour over cream mixture, whisking constantly until combined. Return to saucepan. Stir in reserved tea mixture. Cook over low heat, stirring constantly, for 6-8 minutes or until mixture thickens and coats the back of a spoon. Pour into a bowl. Cover the surface with plastic wrap. Set aside to cool completely. Strain custard into an airtight container. Place in the fridge to chill.  
**6** Preheat oven grill to high. Place fresh figs in a greased ovenproof dish. Sprinkle with remaining butter, sugar and whisky. Grill for 10 minutes or until golden and glazed. Serve pudding with figs and cream. Drizzle with chai custard.





**make-ahead steps*****2 months ahead***

✱ After sprinkling the pudding with the whisky at end of Step 4, set aside to cool completely. Wrap tightly in plastic wrap, then a layer of foil. Store in the fridge until needed.

***3 days ahead***

✱ Make the custard and store in an airtight container in the fridge.

***to serve***

✱ Reheat pudding in the microwave on Medium for 10 minutes, or return to the basin and steam over low heat for 1 hour or until warmed through. Finish recipe following Step 6.

*make  
up to  
2 months  
ahead!*



Welcome Christmas with the amazing  
aroma of this spiced pudding





## cherry & chocolate babka with cherry port drizzle

serves 10 | prep 40 mins (+ 2 hours proving & 40 mins cooling time) | cooking 1 hour **F**

14g (1 tbs) dried yeast  
185ml (¾ cup) milk, warmed  
100g (½ cup) caster sugar  
2 eggs  
1 egg yolk  
450g (3 cups) bread flour  
3 tsp sea salt flakes  
1 tsp ground cardamom  
150g butter, chopped, at room temperature  
220g (¾ cup) cherry conserve  
200g dark chocolate, coarsely chopped  
600g fresh cherries, stems intact  
250ml (1 cup) port  
215g (1 cup) caster sugar, extra  
Icing sugar, to dust  
Vanilla ice-cream or double cream, to serve

**1** Combine the yeast, milk and 1 tsp sugar in a small bowl. Cover. Set aside for 10 minutes or until frothy. Stir in the eggs and yolk.

**2** Combine the flour, salt, cardamom and remaining sugar in a large bowl. Add the egg mixture and stir to form a soft dough. Transfer to an electric mixer fitted with a dough hook and knead for 5 minutes or until smooth and elastic. With the motor running, add the butter, 1 piece at a time, until combined and a smooth and silky dough forms. Place in a greased bowl. Cover. Set aside in a warm place to prove for 1 hour or until doubled in size.

**3** Grease a 7.5cm-deep, 10.5 x 23.5cm (base measurement) loaf pan and line base and sides with baking paper. Punch down dough. Turn onto a work surface and gently knead until smooth. Roll out the dough on a lightly floured surface to a 30 x 45cm rectangle. Spread dough with the conserve, leaving a 2cm margin along the 1 long side furthest away from you. Sprinkle with the chocolate. Starting from the long side closest to you, tightly roll up the dough. Trim the ends. Use a sharp knife to cut the dough in half lengthways. Press 2 ends together and twist the halves together. Press ends to

seal. Carefully transfer to the prepared pan. Cover and set aside in a warm place for 1 hour or until dough is almost doubled in size.

**4** Preheat the oven to 180°C/160°C fan forced. Cover the top of the dough with baking paper and bake, on lowest oven shelf, removing baking paper halfway through cooking, for 50 minutes or until babka is golden and a skewer inserted into the centre comes out clean. Allow babka to cool in the pan for 10 minutes, then transfer to a wire rack for 30 minutes to cool.

**5** Meanwhile, reserve 12 whole cherries. Pit remaining cherries. Combine the port and extra sugar in a saucepan over medium heat. Cook, stirring constantly, until sugar dissolves. Simmer for 5 minutes or until thickened slightly. Add cherries and simmer, covered, for 1 minute. Set aside to cool.

**6** Dust warm babka with icing sugar and top with whole cherries. Drizzle with a little of the cherry syrup. Serve slices with the remaining syrup, remaining cherries and vanilla ice-cream or cream.

### make-ahead steps

#### 1 month ahead

✱ At the end of Step 2 after the first prove, wrap the uncooked dough in plastic wrap and gently knead. Place in an airtight container and freeze.

✱ Alternatively, bake the dough to the end of Step 4. Cool completely. Wrap tightly in plastic wrap and freeze.

#### 2 days ahead

✱ Make the cherry syrup and store in an airtight container in the fridge.

#### to serve

✱ If using the uncooked dough, first place in the fridge to defrost overnight, then proceed with the rest of the recipe.

✱ If using the frozen cooked babka, defrost at room temperature for 3 hours. Reheat in the microwave on Medium for 2 minutes or until warmed through.

✱ Bring the cherry syrup to room temperature before serving.





*make up  
to 1 month  
ahead!*

*Fill the twists and folds of this  
stunning cake with bursts of  
chocolate and cherry*



## apricot ice-cream pudding

serves 10 | prep 20 mins (+ 10 mins softening & 11 hours freezing time) | cooking 10 mins **F**

2 x 470ml ctns Connoisseur Kangaroo  
Island Honey With Fig ice-cream  
(see tip)

200g dried Turkish apricots,  
coarsely chopped

2 tbs Frangelico liqueur

1L vanilla ice-cream

80g pistachios, coarsely chopped,  
plus extra, to serve

### toffee apricots

100g (½ cup) caster sugar

80ml (⅓ cup) water

80ml (⅓ cup) Frangelico liqueur

150g dried Turkish apricots

**1** Line a 2L (8 cup) pudding basin with a double layer of plastic wrap, allowing the sides to overhang.

**2** Remove the honey ice-cream from the freezer to soften for 5 minutes. Spoon into the prepared basin, making a well in the centre with a 1.5cm-thick border. Place in the freezer for 2 hours or until almost firm. Remove and reshape. Freeze for 1 hour.

**3** Meanwhile, combine the apricot and Frangelico in a bowl and set aside for 2 hours to macerate.

**4** Place the vanilla ice-cream in a bowl. Set aside for 5 minutes to soften. Fold in the apricot mixture and pistachio. Spoon into the prepared basin. Smooth the surface. Cover

with the overhanging plastic wrap. Place in the freezer for 8 hours or overnight to firm.

**5** For the toffee apricots, stir the sugar and water in a saucepan over low heat for 2-3 minutes or until the sugar has dissolved. Bring to the boil. Boil for 5 minutes. Remove from heat and stir in one-quarter of the Frangelico (mixture may spit). Stir in the apricots. Set aside to cool for 10 minutes. Stir in the remaining Frangelico.

**6** Place a serving platter in the freezer to chill. Turn the ice-cream pudding onto the platter and remove the plastic wrap. Return to the freezer for 20 minutes to firm, if necessary. Top with the toffee apricots and syrup. Sprinkle with the extra pistachio.

### make-ahead steps

#### 1 month ahead

✳ Make the pudding to the end of Step 4 and store in the freezer.

#### to serve

✳ Proceed with Steps 5 and 6 of the recipe, then serve.

### tip!

Connoisseur Kangaroo Island Honey with Fig ice-cream is available from selected supermarkets. If it is unavailable, use two 500ml tubs of Maggie Beer Burnt Fig, Honeycomb & Caramel Ice Cream.

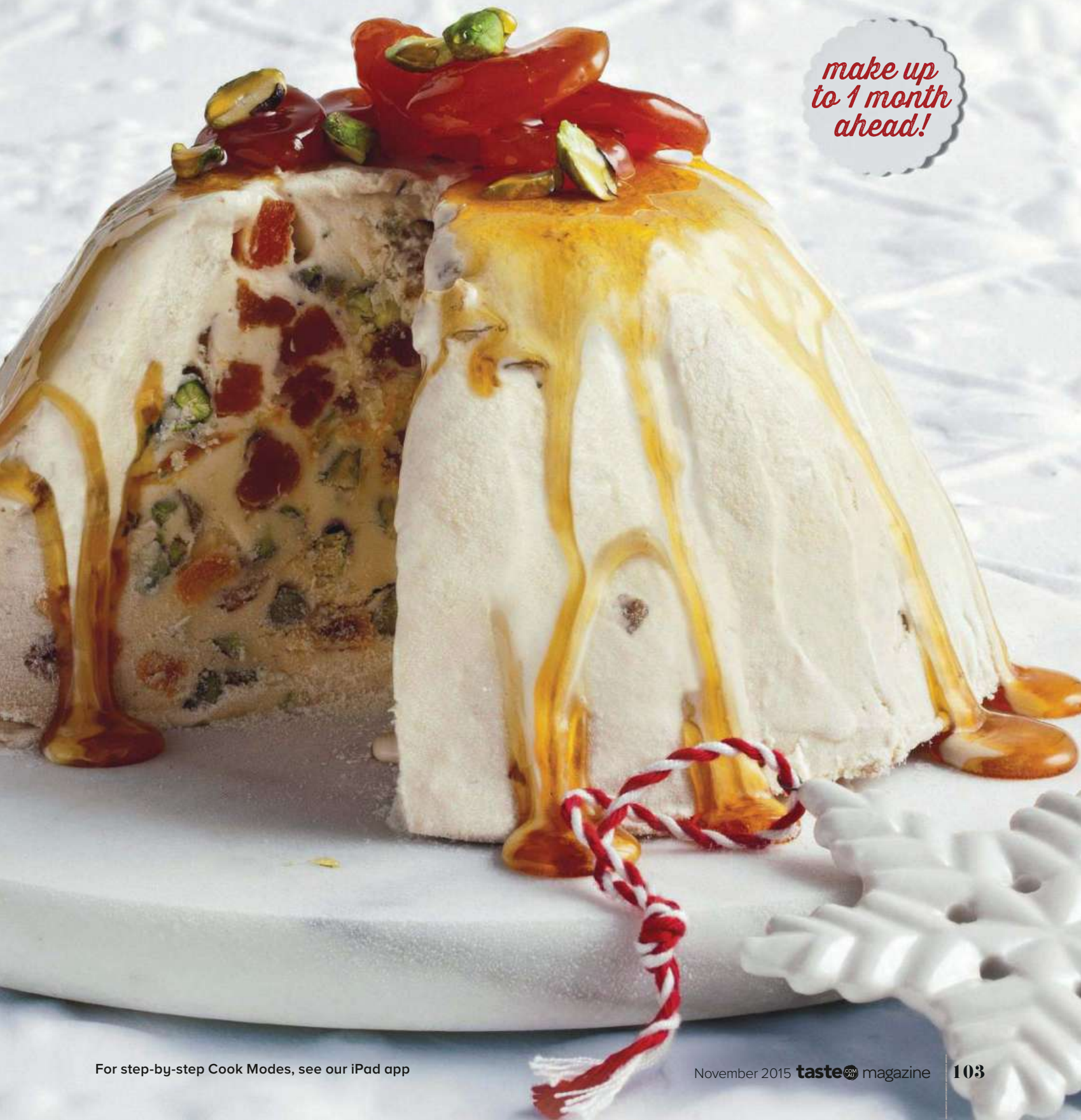
*This cracker of an ice-cream cake is perfect for a sunny Aussie Christmas! Make it one month ahead, ready to decorate on the day*







*make up  
to 1 month  
ahead!*







## white christmas angel cake with rose & prosecco syrup

serves 10 | prep 50 mins (+ cooling time) | cooking 45 mins

150g (1 cup) plain flour  
 2 tbs cornflour  
 ½ tsp salt  
 365g (1 ⅔ cups) caster sugar  
 14 egg whites, at room temperature  
 1 ½ tbs lemon juice  
 1 ½ tbs warm water  
 1 ¾ tsp cream of tartar  
 110g (1 cup) frozen cranberries  
 2 tbs caster sugar, extra  
 Edible flowers, to serve (optional)  
**rose & prosecco syrup**  
 375ml (1 ½ cups) prosecco  
 330g (1 ½ cups) caster sugar  
 1 vanilla bean, split, seeds scraped  
 1 tbs lemon juice  
 3 tsp rosewater  
**mascarpone cream**  
 500g mascarpone  
 250g (1 cup) sour cream  
 250ml (1 cup) thickened cream

**1** Preheat oven to 180°C/160°C fan forced. Line a wire rack with baking paper. Sift the flour, cornflour, salt and 110g (½ cup) of the sugar into a large bowl. Repeat twice.  
**2** Use electric beaters to beat the egg whites, lemon juice and water in a bowl until foamy.

Add the cream of tartar and beat until soft peaks form. Gradually add the remaining sugar, beating constantly until dissolved. Sift flour mixture over the egg white mixture in batches, folding quickly and gently after each addition. Spoon mixture into an ungreased 11 x 25cm (top measurement) angel food cake pan. Smooth surface. Tap pan firmly on the bench, then run a flat-bladed knife through the mixture to remove any air bubbles.

**3** Bake for 35-40 minutes or until golden and cake springs back when lightly pressed. Immediately invert the pan onto the prepared wire rack. Cool cake completely in pan. Gently run a palette knife around both sides of pan to loosen the cake. Gently ease the cake out of the pan.

**4** For the syrup, combine prosecco, sugar and vanilla bean and seeds in a saucepan over medium heat. Cook, stirring, until sugar dissolves. Simmer for 5 minutes or until thickened slightly. Stir in the lemon juice and rosewater. Set aside to cool completely.

**5** For the mascarpone cream, combine mascarpone, creams and 2 tbs of the cooled syrup in a bowl. Use electric beaters to beat until stiff peaks form.

**6** Use a large serrated knife to cut the cake horizontally into 3 layers. Place the cake base on a serving plate. Brush with 2 tbs of the syrup and spread with one-third of the mascarpone mixture. Repeat with remaining cake, a little more syrup and mascarpone mixture, finishing with mascarpone mixture on the top and side of the cake.

**7** Place the cranberries and extra caster sugar in a bowl and toss to coat. Decorate cake with the frosted cranberries and flowers, if using, then drizzle with the remaining syrup.

### make-ahead steps

#### 1 month ahead

Make the cake to the end of Step 3. Cover tightly with plastic wrap and store in the freezer.

Make the syrup and store in an airtight container in the freezer.

#### 2 days ahead

Defrost the cake and syrup in the fridge overnight. Make the mascarpone filling and proceed with Step 6. Return to the fridge for 8 hours or overnight.

#### to serve

Proceed with Step 7 and serve.



# know how

Feed your creativity with these clever **kitchen ideas**.



*Eat and run  
with these handy  
and healthy pops!*

## **BREKKIE** pops

Start the day with these healthy popsicles! Divide  $\frac{2}{3}$  cup thick Greek yoghurt among eight 100ml popsicle moulds. Tap on the bench to level. Top with  $\frac{3}{4}$  cup berry granola muesli. Place a wooden ice-block stick in centre of each mould. Pour 1 tsp maple syrup into moulds. Place in the freezer for 2 hours or until set. Divide  $\frac{1}{2}$  cup milk among moulds. Place in the freezer for 2 hours or until set. Divide 125g pureed raspberries among moulds. Place in the freezer for 2-3 hours or until set. Divide  $\frac{2}{3}$  cup five:am Cacao Yoghurt among moulds. Sprinkle with chia seeds and place in the freezer for 8 hours or overnight until completely frozen.



*let's cook ...*

# PORK pot stickers

Fill lettuce cups with **juicy pork dumplings** for Justine Schofield's easy Chinese starter.

*easy  
savoury  
bites*



Justine's  
pork pot  
stickers in  
lettuce cups  
see page 109





"This brings two of my favourite Chinese dishes together. I've put lettuce cups from san choy bau with irresistible pot-sticker dumplings to make the perfect dish for entertaining!"

*Justine Schofield*





# *you'll need...*







## justine's pork pot stickers in lettuce cups

makes 16 dumplings | prep 30 mins | cooking 10 mins

- 200g pork mince
- 4 whole fresh or dried shiitake mushrooms, finely chopped (see tip)
- 3 green shallots, white part only, finely chopped
- 3cm piece fresh ginger, peeled, finely chopped
- 1 garlic clove, finely chopped
- 1 tbs light soy sauce
- 2 tsp Chinese rice wine
- ½ tsp sesame oil
- ½ egg white
- 1 tsp cornflour
- Pinch of caster sugar
- Pinch of salt
- 16 gow gee wrappers
- 1 tbs vegetable oil
- 300ml water
- 1 iceberg lettuce, leaves carefully separated
- Fresh coriander sprigs, to serve
- Bean sprouts, to serve

### dipping sauce

- 60ml (¼ cup) black vinegar
- 60ml (¼ cup) light soy sauce
- 1 tsp caster sugar, or to taste
- 2 tbs chilli sauce

### justine's tips!

\* If you're using dried shiitake mushrooms in the dumplings, soak them in boiling water for 20 minutes to soften them before chopping.

\* The pork mixture can be made a day or two ahead of time and kept in the fridge – the flavours will develop even more. If you have too much pork mixture, freeze for another time.



**1** Place the pork, mushroom, shallot, ginger, garlic, soy sauce, wine, sesame oil, egg white, cornflour, sugar and salt in a bowl. Mix until well combined.



**2** Spoon 1 level tablespoonful of the pork mixture onto a wrapper. Brush with a little water around the edge. Fold the wrapper, gently pushing the filling into the centre.



**3** Crimp the edges with your fingers to seal the parcel. It should resemble a half moon. Repeat with the remaining wrappers and mince mixture.



**4** Heat the oil in a large frying pan over medium-high heat. Add the dumplings to the pan in a single layer and cook for 1-2 minutes on 1 side or until golden brown. Do not turn over. Add the water.



**5** Cover and steam for 4-5 minutes or until the water evaporates. Uncover and cook for a further 2-3 minutes without turning, to ensure the bottom of the dumplings crisp up again.



**6** Place the dipping sauce ingredients in a jar and shake to combine. To serve, place 2-3 dumplings in each lettuce cup. Drizzle sauce over each dumpling. Sprinkle with coriander and bean sprouts.



# make the perfect chocolate crème brûlée

Crack the secret to creating this easier-than-you-think **cheat's French dessert**.



Michelle Southan  
FOOD DIRECTOR

**My favourite dessert to dish up when entertaining has to be crème brûlée and I love this choc twist – the smooth velvety custard is incredibly moreish. Best of all, you can make the custard a day ahead, then finish with the caramelised sugar crust just before serving!** *Michelle Southan*

*make  
ahead*







*rich  
choc  
spin*

“You only need four ingredients to make these single-serve pots of perfection!” *Michelle Southan*

RECIPE & WORDS MICHELLE SOUTHAN PHOTOGRAPHY JEREMY SIMONS STYLING MICHELLE NOERIAN TO FOOD PREPARATION LUCY BUSUTTI



# you'll need

The perfect choc crème brûlée is just six steps away!

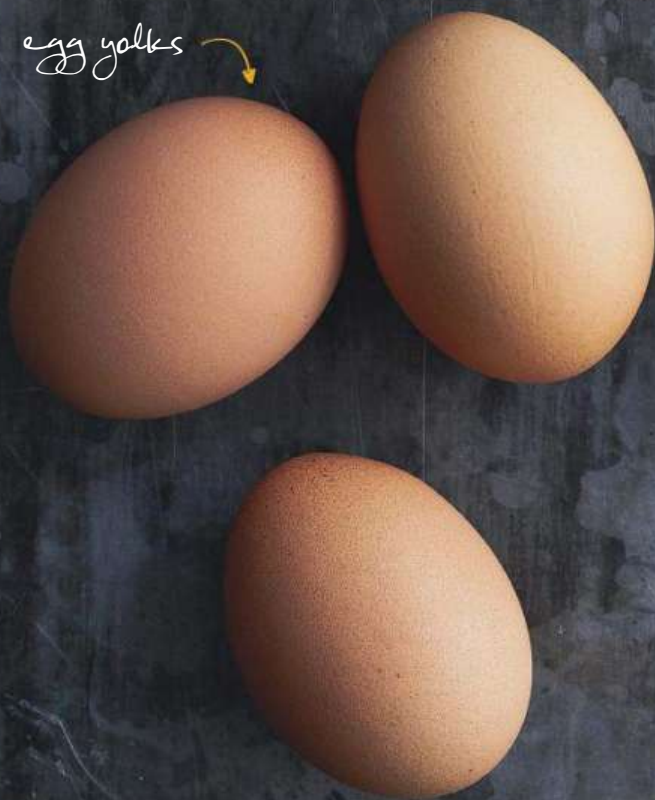
caster sugar



thickened cream



egg yolks



dark chocolate







# let's go!

## chocolate crème brûlée

serves 6 | prep 20 mins (+ 2 hours cooling & overnight chilling time) | cooking 45 mins

600ml thickened cream  
150g dark chocolate,  
finely chopped

6 egg yolks, at room temperature  
70g (1/3 cup) caster sugar  
1 1/2 tbs caster sugar, extra

### michelle's tips

- ✿ Once cooked, the custards will still have a slight wobble, but this will set and firm up overnight when chilling.
- ✿ For a thicker toffee crust, sprinkle a second layer of sugar over the first layer once it has caramelised.
- ✿ If you don't have a blowtorch, place the ramekins under the grill. Allow time to chill the custard again to reset, as they will become runnier.



**1** Preheat the oven to 150°C/130°C fan forced. Place the cream and chocolate in a saucepan and cook over low heat, stirring constantly, until melted and smooth. Set aside for 5 minutes to cool slightly.



**2** Place the egg yolks and sugar in a large bowl and whisk until thick and pale. Whisk the chocolate mixture into the egg mixture, then strain through a fine sieve into a large jug.



**3** Line the base of a roasting pan with a tea towel, folded over to fit neatly in the base. Place six 185ml (3/4 cup) ovenproof ramekins in the pan. Divide chocolate mixture among the ramekins.



**4** Pour enough boiling water into the pan to reach halfway up the sides of the ramekins. Bake for 35-40 minutes or until the custard is just set and still has a slight wobble.



**5** Remove the ramekins from the roasting pan and set aside for 2 hours to cool. Cover with plastic wrap and place in the fridge overnight to chill.



**6** Sprinkle the crème brûlées with the extra sugar. Use a cook's blowtorch to caramelize the top. Set aside for 5 minutes to cool before serving.



# top 10 bruschetta

Make bruschetta your new **secret weapon** for entertaining, from finger food to dessert.

# 1

## *classic bruschetta*

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Top with sliced tomato and fresh basil leaves. Season.



# 2

## *minted pea & pancetta*

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Top with blanched, lightly crushed peas, baby mint leaves, thinly sliced chargrilled zucchini and crisp pancetta pieces.



# 3

## *gorgonzola & pumpkin*

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Top with thin slices of roasted pumpkin, honeycomb, toasted walnuts, gorgonzola and rocket leaves.



# 4

## *prosciutto honeydew with ricotta*

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Top with fresh ricotta and thin slices of honeydew melon wrapped in prosciutto. Drizzle with herb oil and top with fresh mint leaves. Season.





## 5 pesto & hot smoked salmon

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Spread with good-quality pesto and top with flaked hot smoked salmon. Sprinkle with thinly sliced red onion, baby capers and baby herbs.



## 6 brie & garlic mushrooms

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Top with sliced brie and mushrooms that have been sliced and sautéed with garlic and extra virgin olive oil. Top with baby parsley.



## 7 green olive & manchego

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Spread with green olive tapenade. Top with sliced, cooked chorizo, shaved manchego and toasted flaked almonds. Season.



## 8 cannellini bean & tuna

Grill thickly sliced Italian bread until lightly charred. Rub with the cut side of a halved, unpeeled garlic clove. Drizzle well with extra virgin olive oil. Mash canned, drained, rinsed cannellini beans with extra virgin olive oil. Heat until warm, then spread over bruschetta. Top with shaved fennel, finely chopped preserved lemon, sliced seared tuna and fresh fennel fronds.



## 9 mascarpone & balsamic strawberries

Grill thickly sliced Italian bread until lightly charred. Spread with mascarpone that has been sweetened with icing sugar. Top with halved strawberries and drizzle with aged balsamic vinegar. Sprinkle with baby mint leaves.



## 10 grape & goat's cheese

Grill thickly sliced Italian bread until lightly charred. Roast red grapes until slightly collapsed. Spread the bruschetta with soft goat's cheese. Top with grapes, drizzle with honey and sprinkle with toasted walnuts.





# take these...

Sweet dreams can come true with this easy **doughnut tower**.

**2 tbs**

water



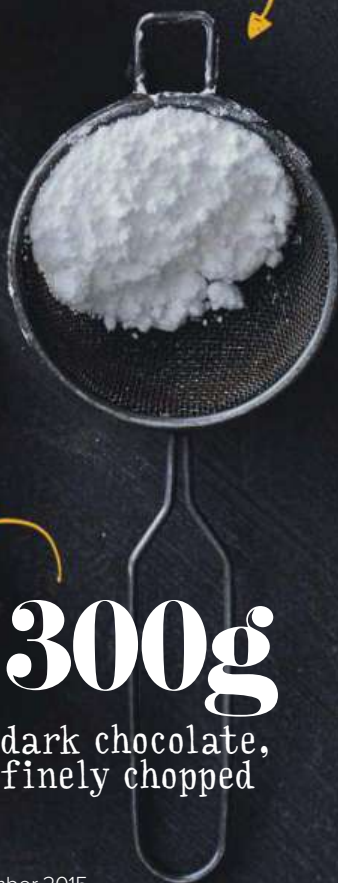
**1 ¼ cups**

thickened cream



**2 cups**

pure icing  
sugar



**125g**

btl salted  
caramel sauce



**300g**

dark chocolate,  
finely chopped

**1 tsp**

coffee  
granules



**24**

cinnamon  
doughnuts





# ...make this!

## doughnut cake

serves 12 | prep 15 mins | cooking 10 mins

**1** Place chocolate and coffee in a heatproof bowl. Heat cream in a small saucepan over medium heat until just simmering. Pour cream over chocolate. Set aside for 5 minutes. Stir until chocolate melts and mixture is smooth. Set aside to cool.

**2** Meanwhile, whisk icing sugar and water in a bowl until smooth and runny.

**3** Spread a small amount of chocolate sauce on the base of 7 doughnuts and place, chocolate-side down, on a serving plate. Drizzle with a little chocolate sauce, white icing and caramel sauce. Repeat layering with remaining doughnuts, chocolate sauce, white icing and caramel sauce. Serve immediately.

*short  
cut  
stack*

RECIPE ALISON ADAMS | PHOTOGRAPHY BRETT STEVENS | STYLING MICHELLE NOERianto | FOOD PREPARATION LUCY BUSUTTI

**“Goopy drizzles of caramel and chocolate make this instant dessert look super impressive – pile ‘em up, then demolish it!”** *Michelle Southan*



# Q&A

## we're here to help

Each month we ask our foodies for their **expert tips** on sticky kitchen questions.



### Colin

**Q** Do you have any tips for making Christmas pudding?

Okay, if you haven't started your Christmas pudding yet, now is the time! Puddings should never be made in December – my Mum used to make hers in September! After steaming your pudding, set it aside to cool completely. Poke holes in the top with a skewer and pour over 1-2 tbs of rum, port or brandy (even Pedro Ximénez if you have some). Wrap the pudding tightly and store in the fridge. Every week or so, 'feed' the pudding with another 1-2 tbs of booze, making sure you wrap it up tightly after it's been fed. Continue this up to Christmas day. And remember, the alcohol hasn't been cooked off, so eat the pudding responsibly!



### Katrina

**Q** What's your favourite simple dessert for a crowd?

My go-to dessert for a crowd is impressive but takes minimum effort! I get ahead and make a couple of batches of rich chocolate brownies, then slice into squares. I arrange them on a platter with cartons of good-quality chocolate and vanilla ice-cream, some chopped toasted nuts, a pot of warm chocolate sauce and some seasonal fresh fruit like raspberries or cherries. I let everyone help themselves and create their own epic brownie sundae – it's always a hit!

*brownie  
sundae  
special!*



### Michelle

**Q** Why do you use softened or room temperature butter when baking?

If a recipe states to cream butter with sugar, it's important to not use chilled butter. If the butter is too hard you won't be able to aerate it, which can result in a dense, heavy cake. And never soften it in the microwave as the butter is more likely to melt. I find it best to get the butter out of the fridge at least 60 minutes before using it – this way you are guaranteed light and fluffy cakes.



### Marion

**Q** What's the secret to creating a perfectly balanced Thai salad?

Successful Thai salads are all about a tasty dressing, crunchy bits and loads of herbs. Embrace the Thai trilogy of sweet, salty and spicy by making a dressing with sugar, fish sauce or lime juice and chilli. Texture is important – add crunch with chopped peanuts or fried shallots and toss in fragrant Asian herbs like mint and Thai basil. The protein can be as simple as grilled chicken, crisp shards of fried fish or poached prawns.



### Chrissy

**Q** Any ideas for healthy snacks I can have with drinks?

Nuts can be a healthy option to snack on at work drinks, but the trick is to keep them to a handful, as although they are rich in protein, fibre and healthy fatty acids, they are high in fat and therefore energy-dense and tend to be moreish. Roasted pumpkin seeds are a good choice as they are slightly lower in fat and calories than most nuts. Other low-fat snack choices include pretzels, popcorn or veggie sticks with dip or salsa – just try to skip the potato crisps and corn chips!

### need a little help?

If you have a question for one of our foodies, send it to [tastemag@news.com.au](mailto:tastemag@news.com.au)







# the little book of mulberries

Juicy mulberries are **fresh, ripe and ready** to brighten up your spring recipes.

Mulberries are a source of iron, which is unusual for a fruit!



**fact**  
Mulberries won't ripen off the tree – look for plump berries that yield slightly when gently pressed, and avoid unripe ones, as they can give you an upset stomach.



You can get 30% of your vitamin C from a large handful, or 100g of mulberries

Find them between October & November



RECIPES ALISON ADAMS PHOTOGRAPHY JEREMY SIMONS STYLING MICHELLE NOERANTO FOOD PREPARATION JOHN HENSELER



# 10 secrets of mulberries



**1 mulberries have a short** season and shelf life, so when you see them in the shops, grab them right away!

**2 mulberries are packed** with anthocyanins, a type of antioxidant that can protect the body from cancer, age-related diseases, inflammation and diabetes.

**3 store mulberries** in the fridge for up to two days – place them on a plate lined with paper towel and cover with plastic wrap. Only wash them when you're ready to eat.

**4 cook mulberries into** jams and syrups, or bake them into sweet pies, tarts, muffins, cakes and more!

**5 pick your outfit carefully.** Juicy mulberries can and will stain your fingers and clothes very easily.

**6 be gentle!** Mulberries are easily damaged – wash them in a bowl of water, rather than under the running tap.

**7 got too many?** Freeze 'em! Wash, then spread over a tray, place in the freezer until frozen and freeze in an airtight container.

**8 dry your mulberries** to enjoy all year – they're perfect stirred into brekkie muesli! Find the recipe on page 122.

**9 the leaves of the mulberry tree** are the sole food of silkworms – the spread of the trees throughout the world is due in part to the popularity of silk.

**10 add fresh or frozen mulberries** to your morning smoothie with a dollop of plain yoghurt, a drizzle of honey, a dash of milk or almond milk and a handful of ice.



## try these

### maple & mulberry granola

Preheat oven to 160°C/140°C fan forced. Toss 3 cups **rolled oats** with  $\frac{3}{4}$  cup **maple syrup** and 2 tbs **extra virgin olive oil**. Toss through 1 cup **slivered almonds** and  $\frac{1}{2}$  cup **pepitas**. Spread over a baking tray. Roast, stirring often, for 20 minutes or until crisp and golden. Set aside to cool. Stir through  $\frac{2}{3}$  cup **dried mulberries** (see page 122). Serve with **Greek yoghurt** and **fresh mulberries**.



### mulberry & red wine vinegar

Fill a 500ml wide-necked sterilised jar with trimmed **fresh mulberries** and use a fork to mash slightly. Sprinkle with 2 tbs **caster sugar**. Add a few sprigs **fresh thyme** and a few **black peppercorns**. Bring 1  $\frac{1}{2}$  cups **red wine vinegar** to a simmer in a saucepan. Pour into the jar to cover. Cover and set aside for 2 days to steep. Strain into a sterilised bottle. Seal.






*easy  
fruity  
scoop*

## mulberry sorbet

**makes** 750ml | **prep** 15 mins (+ churning & overnight chilling time)

**cooking** 5 mins 

315g (1 ½ cups) caster sugar

375ml (1 ½ cups) water

520g (4 cups) fresh mulberries, stalks removed

2 tbs crème de cassis, optional

**1** Stir the sugar and water in a saucepan over medium heat for 2 minutes or until sugar dissolves. Simmer for 3 minutes to thicken slightly. Add the mulberries and liqueur, if using. Set aside for 5 minutes to cool slightly.

**2** Use a stick blender to blend until smooth. Strain through a fine sieve into a jug. Cover. Place in the fridge overnight to chill.

**3** Transfer the mulberry mixture to an ice-cream machine and churn following manufacturer's instructions until the desired consistency.

**“Serve this gourmet sorbet when you want to impress – each rich, lush mouthful tastes more complex than the sum of its parts!”**



# how to dry mulberries

Snack on sweet, tart dried mulberries all year round!



**1** Use your fingers to gently and carefully pull the green stem end from the mulberry.



**2** Wash gently in cold water. Toss through lemon juice to keep the vibrant colour.




**3** Place in a dehydrator. Dehydrate until dry. They're ready when they are easily broken.


## make mulberry cordial

Cook 'em down to make your own juicy and refreshing cordial.




 Puree mulberries in a food processor. Strain through a fine sieve into a jug, pushing with a spoon. Measure juice. Transfer to a saucepan.



 For every cup of mulberry juice add the same amount of water and caster sugar. Cook, stirring until sugar dissolves. Simmer until thickened slightly.



 Chill cordial. Serve with ice and fresh mint, and top with water to taste, or dress it up and top with sparkling wine or soda water, if desired.



## white chocolate & mascarpone cheesecake with mulberry compote

serves 8 | prep 30 mins (+ 4 hours 30 mins chilling & 2 hours cooling time) | cooking 40 mins

120g ( $\frac{2}{3}$  cup) blanched almonds, toasted  
 200g Arnott's Nice biscuits  
 100g butter, melted, cooled  
 500g cream cheese, at room temperature, chopped  
 200g (1 cup) mascarpone  
 200g crème fraîche  
 100g ( $\frac{1}{2}$  cup) caster sugar  
 1 tsp vanilla extract  
 200g white chocolate, melted, cooled  
 3 eggs, lightly whisked  
 Fresh mulberries, to serve  
**mulberry compote**  
 260g (2 cups) mulberries  
 55g ( $\frac{1}{4}$  cup) caster sugar  
 2 tsp water

**1** Grease the base and sides of a 23cm (base measurement) square springform pan and line the base with baking paper.  
**2** Pulse the almonds in a food processor until coarsely chopped. Transfer to a bowl. Process biscuits until smooth. Add butter and process until combined. Add almonds. Pulse until just combined. Press into the base of the prepared pan. Cover and place in the fridge for 30 minutes to chill.  
**3** Preheat oven to 160°C/140°C fan forced. Clean the food processor and process the cream cheese, mascarpone, crème fraîche, sugar and vanilla until smooth. Add the chocolate and process until combined. Add the eggs. Process until just combined.

Pour over the base and bake for 40 minutes or until just set in the middle. Turn the oven off. Leave the cheesecake in the oven, with the door ajar, for 2 hours to cool. Cover and place in the fridge for 4 hours or overnight to chill completely.

**4** For the mulberry compote, heat the mulberries, sugar and water in a saucepan over low heat, stirring occasionally, for 3-5 minutes or until the sugar is dissolved and simmering. Set aside to cool slightly.

**5** Serve cheesecake drizzled with the compote and topped with fresh mulberries.

*crowd  
pleaser*







130 classic recipes  
from around the world

# BEN'S MEAT BIBLE

**BEN O'DONOGHUE**  
*Foreword by Curtis Stone*

AVAILABLE NOVEMBER 1ST  
WHERE ALL GOOD BOOKS  
ARE SOLD



hardie grant books



# taste life

Where **food meets life** in your kitchen and shopping trolley.

Entertaining  
is easy with this  
impressive  
cheese tower

## CHEESE cake

This is dedicated to all the cheese lovers out there! Stack different sized wheels of cheese on top of each other to make a tiered cake. Use firmer cheeses, like cheddar, for the base, reserving a soft goat's cheese for the top. Play with your favourite flavours – include a layer of quince paste, then top with honeycomb, drizzle over a little honey and serve with muscatels and crackers.





# *the* mediterranean diet *cookbook*

In this exclusive extract from her new cookbook, [taste.com.au](http://taste.com.au) Health Council member **Dr Catherine Itsiopoulos** shares the scientifically proven health benefits of the Mediterranean diet.



**T**he Mediterranean diet has been a healthy traditional lifestyle across the olive-growing areas of the Mediterranean for thousands of years. It is the most comprehensively researched and scientifically validated diet in the world. Studies have repeatedly shown it to be the ideal diet for maintaining a healthy heart, as well as preventing diabetes and metabolic syndrome (including fatty liver, abdominal obesity and insulin resistance), some cancers, Alzheimer's disease and Parkinson's disease. It may even help prevent depression. Recent studies have also shown that it may promote longevity by protecting DNA.

There is not just one type of Mediterranean diet but as many variations as there are countries bordering the Mediterranean Sea – Greece, Cyprus, Italy, Spain, Croatia, Morocco and Portugal.

## *what all mediterranean diets have in common*

Despite the many differences in the cuisines of the Mediterranean countries, they all share these key health-promoting ingredients:

- Extra virgin olive oil as the main dietary fat
- Fresh vegetables, especially leafy greens, tomatoes, onions and garlic
- Fresh or dried herbs and spices
- Legumes
- Nuts
- A moderately low meat intake and moderate intake of eggs and dairy
- A moderate alcohol intake

## *putting the mediterranean diet into practice*

### **Use fresh ingredients with minimal processing.**

Traditional diets and cuisines such as the Mediterranean diet are based on fresh ingredients that are usually cooked within hours of harvesting and marinated or dressed with a variety of culinary herbs and spices. Ingredients are often sourced from home or local gardens and plant varieties are often wild types that are rich in antioxidants.

In a study my research team completed at Deakin University, we compared levels of certain antioxidants (namely carotenoids such as lycopene, lutein and beta-carotene) in different edible plant species. These included edible green weeds such as sow thistle, amaranth, purslane and dandelion, which we collected from roadsides and home gardens and commercially available chicory and endive. We found the levels of lutein and beta-carotene in the wild sow thistle and amaranth were up to 70 per cent higher than in the commercial plants. We also analysed different grades of olive oil (extra virgin, pure and light) and found that extra virgin olive oil had high levels of lutein and beta-carotene, while pure olive oil had substantially less and light olive oil had none we could detect.



Extract from  
**The Mediterranean Diet Cookbook**  
(Macmillan Australia, \$34.99) by Dr Catherine Itsiopoulos (PhD APD)



# getting the balance right

This plate shows how the Mediterranean diet works.

*One fifth of the plate* is occupied by lean protein.

*Half the plate* is taken up with colourful vegies dressed with extra virgin olive oil, fresh lemon juice and herbs.

*Fill the rest* with starchy foods like potato and pumpkin.

For these recipes, including the Roast Pork Fillet, Greek Salad and Slow-baked Root Vegetables in Honey & Balsamic Glaze, go to [taste.com.au/medplate](http://taste.com.au/medplate)



# win it!

ENTER ONLINE NOW! Go to [taste.com.au/win](http://taste.com.au/win)

1  
to win!



## mix it up

Thought all blenders were created equal? The new KitchenAid Magnetic Drive Blender, \$999, is top of the class with a first-of-its-kind magnetic drive system which safely locks the jug in place. It also has a Diamond Blending System which increases power, and an innovative front-load design, which makes blending soups, sauces, smoothies and more easier than ever, leaving your hands free for the next step! See [kitchenaid.com.au](http://kitchenaid.com.au) for more info.

## the new 'wave

The new Panasonic NN-ST785S Microwave Oven, \$639, uses intelligent Cyclonic Inverter Technology to deliver heat faster and more evenly through food, ensuring your dinner will be heated all the way through, with no cold spots! Modern fittings, including an LCD display and stainless steel fascia make it a stylish choice. See [panasonic.com.au](http://panasonic.com.au) for more info.



1  
to win!

1  
to win!



## cause a stir!

Take your baking to new heights with the latest kitchen star from Bosch. Loaded with tools and extra features, the sturdy Bosch MUM5PRO Kitchen Machine, \$699, is the perfect all-rounder – it kneads, shreds and juliennes to perfection. It comes complete with a smart EasyArm Lift button on top, and a Flexi Stirring Whisk, adjustable Professional Beating Whisk and Dough Tool, plus more! See [bosch-home.com.au](http://bosch-home.com.au) for more.

**Terms and conditions:** Open to Australian residents only. Competition open now and closes 11 November 2015 at 23:59 AEST. Winners judged 12 November 2015 at 12:00 AEST. This is a game of skill and chance plays no part in determining the winners. Promoter: NewsLifeMedia Pty Ltd, 2 Holt Street, Surry Hills, NSW 2010. ABN: 57 088 923 906. Full terms and conditions available at [taste.com.au/win](http://taste.com.au/win)



Curtis Stone's

# 10 Christmas get-ahead tips



Planning ahead saves money, stress, a whole lot of effort and makes Christmas better – and tastier! Best of all, you can go into the big day knowing everything's sorted, so you can sit back and really enjoy the festive season just the way it's intended.

## *eight weeks ahead*

**1** Bake your Christmas pudding now and store it in a cold dark place to mature and allow the flavours to intensify.

**2** Confirm the guest list and plan the entire menu two months out, then delegate! I like to play to people's strengths by tasking them with jobs they enjoy and are good at. Get the wine lover to match drinks to the menu, ask the baker to make the pudding... People will thank you for giving them plenty of time to prepare – and they'll feel pretty special, too.

**3** *six weeks ahead*  
Write a detailed shopping list. Keep an ear out for any sales or deals that pop up at the supermarket and bottle shops and jump on them while they last.

**4** Consider the season – it's summer! This means produce such as tomatoes, corn, cucumber, zucchini, berries, cherries, passionfruit, mangoes, pineapple and stone fruits are in season.

It is less expensive to buy ingredients in season as they are abundant, plus they pop with natural flavour, so you only have to treat them simply to make them taste great.

**5** *four weeks ahead*  
The festive season is officially firing! Edible gifts are inexpensive to make and people really appreciate the effort, especially if it's something deliciously indulgent, like chocolate truffles, salted caramel popcorn, peppermint bark or shortbread.

**6** *two weeks ahead*  
If you're making a dish with pastry dough, such as my Mango Pineapple Tart (see page 76), make the dough up to 2 weeks ahead, then wrap and freeze.

**7** It's no fun running into barbecue dramas on game-day, so give yours a once-over. Is it clean? Do you have all of the right tools you need? Do you have sufficient fuel to keep it cranking over?

**8** *one week ahead*  
One week to go! No need to be nervous because you've done plenty of prep in advance, right?

At my restaurant, Maude, we always begin our monthly degustation with some kind of snack, like gougères, which are a classic French savoury pastry. They're perfect to hand around when people first arrive. The dough for my Chorizo & Manchego Gougères (see page 71) can be made (but not baked), then stored in the freezer for up to 1 week.

**9** Make any curds, compound butters, jams and other condiments, like the chilli oil in my Yoghurt Dip with Chilli Oil (see page 72).

**10** Give the kids a fun job and ask them to do a dry run of the table setting. That way, you'll know pretty quickly what's missing. Make it enjoyable and memorable by putting on some carols. You'll feel all that Christmas cheer flow throughout the house!

Good luck guys, you've got this!



# healthy showdown

Louise Fulton Keats shares the **healthier choices** in our monthly food and drink battle.



**plum  
VS  
nectarine**

Nectarines typically have 15 per cent more calories than plums, thanks to their slightly higher sugar content. However, calorie and sugar content does vary across varieties and seasons. Nectarines have more than twice the vitamin C and vitamin K of plums, as well as more potassium and calcium, but plums are a better source of beta-carotene. Boost dietary variety by eating both.

**winner: it's a tie**



**peanuts  
VS  
wasabi peas**

Wasabi peas are leaner, with some brands having almost half the calories of roasted peanuts and seven times less fat. Peanuts are otherwise healthier – they have almost twice the protein, at least half the sugar, and are usually additive free. Wasabi peas tend to have added flavours, colours and sugar, and more salt. For the most natural choice, go for raw unsalted peanuts with the skins on.

**winner: peanuts**



**pâté (chicken liver)  
VS  
guacamole**

Brands vary, but guacamole is typically lighter, with about 35 per cent fewer calories and about half the saturated fat, as well as more fibre, potassium and folate. But pâté is excellent for iron – gram-for-gram it has almost four times as much as fillet steak – and it's one of the richest sources of vitamin A. Pâté is healthy in moderation but homemade guacamole with fresh avo, coriander and lime is better.

**winner: guacamole**



**buckwheat  
VS  
quinoa**

Cooked quinoa has about 30 per cent more calories than cooked buckwheat, but it also has about twice the iron, zinc, calcium and potassium. Plus it has three times the folate, as well as more protein and manganese. Quinoa wins, but both gluten-free seeds contain different phytochemicals that are currently being investigated for their potential health benefits, so eating both is best.

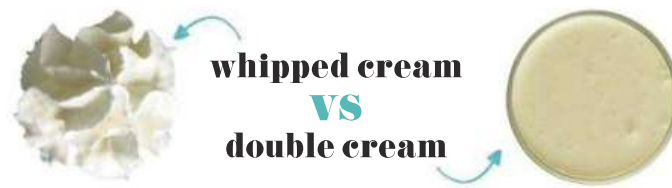
**winner: quinoa**



**almonds  
VS  
brazil nuts**

Both nuts are a good source of fibre and healthy fats. Almonds beat brazil nuts when it comes to protein, iron and calcium – gram-for-gram they have twice the calcium of milk. They also have fewer calories, more than double the vitamin B3 and five times the vitamin E of brazil nuts. Although almonds win, brazil nuts are packed with selenium, which helps support normal thyroid function. They have about 300 times more than almonds, and more than any other nut.

**winner: almonds**



**whipped cream  
VS  
double cream**

Whipped cream is the clear winner in this battle. One tablespoon of whipped cream – prepared by whipping regular pouring cream until it has roughly doubled in volume – contains almost one-third of the calories and one-third of the fat of the same amount of double cream. Go for homemade whipped cream over a bought aerosol whip, as they typically contain added sugar, flavours, thickeners and other additives.

**winner: whipped cream**



# aisle watch

We ate it.  
We rate it.

Our monthly guide to the **supermarket gems** down every aisle.

**W**hen it comes to off-the-shelf staples that are ready to go, what do the taste foodies have in their Christmas fridge and pantry? Here's their top selection to have on hand for easy cheats to buy now, so you're ready for action!

*fuss free dessert*



## Coles Finest Pavlova Wreath 400g \$15

This is the perfect cheat's entertaining dessert! Simply decorate with whipped cream and pile on fresh raspberries macerated in a little sugar (along with a splash of rum if it's just for grown-ups), plus sliced mango and it'll be the star of the show.

## Bonne Maman Cherry Conserve 370g \$5.50

Cherry jam is ideal for a quick ham glaze! Cook it down with equal quantities of brown sugar and bourbon until thickened slightly.



*quick glaze*

## Birch & Waite Whole Egg Mayonnaise Aioli Garlic 440g \$6.98

Aioli is handy to have in the fridge at Christmas – just add sriracha and lime rind for a dipping sauce.



*tasty sauce*

*great gift*



## Walkers Pure Butter Shortbread 160g \$3.04

Good-quality shortbread is always great to have on hand. Dip into melted chocolate for a special after-dinner treat or a quick Christmas gift for friends.

PHOTOGRAPHY GUY BAILEY & JEREMY SIMONS. PRICES ARE CORRECT AT TIME OF PUBLISHING.

*get ahead baking*



## Sunbeam Sultanas 375g \$3.74

Place sultanas in jars with plenty of rum or brandy, some brown sugar and mixed spice, and store in the fridge, ready for fruitcakes, mince pies and truffles.

## Here's what else we thought...

### easy filling for jam tartlets

Bonne Maman Cherry Conserve

### great potato salad dressing

Birch & Waite Whole Egg Mayo Aioli Garlic

### great for tiramisu

Walkers Pure Butter Shortbread



# find it LOVE IT

Discover the latest products and **supermarket treasures**.



*red  
hot*

## *cool straws*

We're calling these fun **Barbuzzo Ice Straws**, \$12.99, 'sip-sicles' and they'll play double duty in your summer drinks. The ice tray makes six straws at a time – but don't just stick to water, have fun with your favourite juicy flavours. Find it at [yellowoctopus.com.au](http://yellowoctopus.com.au)

*chill  
out*

## MATCH MADE IN HEAVEN

Together at last! Two of our favourite lust-have brands have teamed up to create the new **Nespresso by KitchenAid**, \$799. With the timeless and classic design features of KitchenAid and the clever functionality of Nespresso capsule coffee machines, it's the best of both worlds. Find it at Myer and David Jones.



*party  
ready*

## ON BOARD!

This **Loft Sharing Board**, \$69.95, is a generous 70cm platter – perfect for serving nibbles when family and friends drop in. Find it and others in the range at Domayne stores or at [domayneonline.com.au](http://domayneonline.com.au)





free  
appGADGET  
WATCH

Here's the secret to perfect BBQ. Just plug the **BBQ Buddy Smart Meat Thermometer**, \$49.99, into your meat as it cooks – the thermometer keeps track of the meat's temperature and tells you when it's to your liking. It also works with a free app that talks to your smartphone. Find it at Bunnings.

## handy gel

A must-have in your kitchen cupboard, **Burnaid Gel**, \$6.55, is made with a soothing hydrogel and MelaleucaULTRA solution to cool burns and help prevent infection. Find it at Coles and pharmacies.

crunch  
timeNUTS  
FOR IT

The already drool-worthy range of **Connoisseur Gourmet Ice Creams**, \$8.67, is now even bigger and better! With five fab new flavours to try, including Canadian Maple with Peanut Butter (pictured), Sicilian Blood Orange with Chocolate and Montana Mountain Mint with Cookies, we're spoilt for choice! Find them at Coles and Woolworths.

## made by marion

The lovely *taste.com.au* magazine foodie Marion Grasby has given her **Marion's Kitchen Cooking Kits**, \$7.30, a beautiful makeover. Each kit has been lovingly created to help you make authentic Asian dishes at home. With easy step-by-step instructions, each pouch is numbered in order of cooking. Find them at Coles and Woolworths.



## top drops



Drinks editor **Jane Thomson** picks the top drops to sip at summer parties.

Best's Great  
Western  
Riesling  
2015 \$25

Summer means riesling! Join the party and open a bottle of this zingy, limey, dry and fresh riesling from Victoria.

Vinoque  
Nebbiolo Rosé  
2015 \$25

This salmon-pink rosé is made for summer weather, canapés and good friends. Savoury, delicate, fresh and bone-dry, it will match a range of occasions.

Angove  
Organic Shiraz  
Cabernet  
2014 \$16

An easy-drinking blend that is lighter-bodied than you might expect, this is a great red for summer sipping.





# in your kitchen essentials

Fill your kitchen with this month's selection of great products.

For all advertising enquiries, call Jane Purves (02) 8045 4740.



## ◀ the hot spot

The innovative Tefal Thermo-Spot heat indicator lets you know when your pan is preheated and ready to start cooking, so you get perfect results every time. Visit [tefal.com.au](http://tefal.com.au) for more information.



## make it better ▲

Bring out the true flavour and aroma of any dish using Brita filtered tap water. For more information and delicious recipes by Gary Mehigan using filtered water, visit [betterwithbrita.com.au](http://betterwithbrita.com.au)



## FULL OF BEANS ▲

The multi-award winning bean ground & drunk range is blended using 100 per cent pure certified-organic freshly-roasted Arabica beans. For more information, visit [beangroundanddrunk.com.au](http://beangroundanddrunk.com.au)

## ◀ heaven's sake

Make your own authentic teriyaki chicken or sukiyaki (Japanese hot pot) with Obento Cooking Sake. This rice-based cooking wine tastes great in a dipping sauce or used in a marinade – it will enhance the flavour of meat, chicken, fish and vegetables.



## ▲ THE PERFECT BLEND

Do you love a green smoothie in the morning? The Vitamix S30 Personal Blender is powerful enough to blend through ice and whole-food ingredients. It also comes with a recipe book. Head to your closest Myer store or visit [myer.com.au](http://myer.com.au)



NEXT  
MONTH **taste** COM  
AU  
magazine

# Our BIG *Christmas* issue!

*Everything you need  
for the WOW factor!*

- \* Showstopping desserts
- \* Aussie Christmas menu
- \* Gifts from the kitchen
- \* The perfect Bombe
- \* Super-speedy  
cheats & ideas



GINGERBREAD  
COOKIES  
GALORE



ON SALE  
12 NOV



# bake me happy!

Top these tiny **raspberry jam tarts** with crunchy meringues for a sweet sensation.

## almond & raspberry meringue tarts

**makes** 20 | **prep** 30 mins (+ 15 mins resting time) | **cooking** 15 mins

100g unsalted butter, chilled,  
finely chopped

150g (1 cup) plain flour

2 tbs caster sugar

1 egg yolk

2-3 tsp cold water

90g (¼ cup) raspberry jam

20 mini meringues

Icing sugar, to dust

### filling

40g butter, at room temperature

2 tbs caster sugar

1 egg yolk

40g (⅓ cup) almond meal

1 tbs plain flour

**1** Preheat oven to 180°C/160°C fan forced. Lightly grease 20 mini muffin pans. Process butter, flour and sugar in a food processor until mixture resembles fine breadcrumbs. Add egg yolk and a little water, processing until dough just comes together, adding more water as needed. Turn onto a lightly floured surface. Knead until just smooth. Divide dough into 2 portions and shape each into a disc. Cover with plastic wrap. Place in the fridge for 15 minutes to rest.

**2** Roll out 1 pastry disc on a lightly floured surface to 3mm thick. Use a 7.5cm round flower cutter to cut out 10 flowers. Gently press into prepared pans. Repeat with remaining pastry to make 20 tarts. Set aside in the fridge, to rest.

**3** For the filling, use a wooden spoon to beat butter and sugar in a small bowl until light and fluffy. Beat in egg yolk until combined. Stir in the almond meal and flour.

**4** Spoon mixture among pastry cases. Bake for 12 minutes or until golden brown. Cool in trays for 5 minutes. Transfer to a wire rack to cool completely.

**5** Place a small spoonful of jam on top of each tart. Top with a mini meringue. Dust with icing sugar.



# **EATING OUT? IF ANIMAL WELFARE IS IMPORTANT TO YOU...**

Visit [choosewisely.org.au](https://choosewisely.org.au) to find a café or restaurant that's putting humane food on the menu.

**CHOOSE  
WISELY.**  
PUTTING HUMANE FOOD ON THE MENU



[choosewisely.org.au](https://choosewisely.org.au) | [@RSPCAchoosewisely](https://www.instagram.com/RSPCAchoosewisely) | [#RSPCAchoosewisely](https://twitter.com/RSPCAchoosewisely)

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